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I. B. REGNAULT, M.D.

Arte potens, miseros queis jam mors incubat atra
Suscitat, et fauces Orci frustratur hiantes.
Quos servare nefas, ægros demulcet amicis
Vocibus, exilii socius pius adstat egenis.

Par Monsieur l'Abbé de la Bintinaye ancien
Vicaire général d'Autun.

OBSERVATIONS

ON

PULMONARY CONSUMPTION,

OR

AN ESSAY ON THE

LICHEN ISLANDICUS,

CONSIDERED

AS AN ALIMENT AND A MEDICINE IN THAT DISORDER.

Optima Medicina Cibus opportunè datus. CELSUS.

BY J. B. REGNAULT, M. D.

LATE PHYSICIAN TO THE MILITARY HOSPITALS AND FORCES OF FRANCE, &c.

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PREFACE.

THE favourable reception which my *Observations on the use of the* LICHEN ISLANDICUS *in cases of Pulmonary Consumption* have met from the Public, the work having gone through two editions, both French and English, since the year 1802, I flatter myself this Third Edition will prove equally acceptable.

Some Critics have not failed to observe that the efficacious virtues of the *LICHEN ISLANDICUS* had been known for a long time:—I acknowledged as much myself, since I had quoted the different authors, who had mentioned it in their works previous to the introduction of my own observations. But when I wrote first upon that plant, it was not made use of in England; there was none to be found at any Apothecary's, whereas at present, there is not a shop but which is well supplied with it. Although I were to derive no merit from having used the *LICHEN ISLANDICUS* in larger doses than any other Physician, and from having prescribed it not only as a remedy but as an aliment, I would still feel great satisfaction in having awakened the attention of Practitioners on so valuable a remedy, in a Country where the Pulmonary Consumption makes such dreadful havoc. Whoever exposes in its true light, a thought,

thought, though not originally his own, but which would have been buried in oblivion, had it not been for him, makes it in reality his own by reviving it; for Oblivion is like nonentity.

Since the publication of my work, there has been an immense importation of the *Lichen Islandicus* in this country: As however most of that came from Saxony, I shall add some few reflections to those already contained in page 28. Of the various *Lichen Islandicus*, which I have used, I have noticed that which grows in Iceland has always been productive of the most certain effect. This is not to be wondered at, if we but reflect that vegetables have more or less density or solidity, that they are more or less mucous, or resinous, that they are of a larger or smaller size in proportion as they have received their nutritive juices, in either a clayey, a chalky, or a silicious soil, according to the different climates, and the parts they grow in.

Can we not likewise reckon as very powerful, the influence of the different Volcanoes which exist in Iceland? Brydone, in his interesting work, on Sicily and Malta, introduces some very curious observations on the vegetation in the vicinity of Mount Ætna. The influence of Volcanoes on vegetation must be more striking still in the latitude in which Iceland is situated; since, according to Valmont de Bomare, that island appears to be a Volcano covered over with its lava.

INTRODUCTION.

IF we reflect on the dreadful ravages committed by pulmonary conſumption, more eſpecially among the young, and the inefficacy of all efforts which have hitherto been made to arreſt its progreſs, and prevent its fatal conſequences; we ſhall be convinced, that an attempt to fix the attention of the public on means which have proved effectual in reſtoring health to perſons afflicted with this cruel malady, is at once to conſole, and ſerve the human race.

It is not an arcanum, or panacea; it is neither a new remedy nor a new theory upon which we are deſirous to call the attention of the public. We mean nothing more than to preſent a ſeries of obſervations which we have made on the ſucceſsful adminiſtration of a vegetable ſubſtance* already known, but too much neglected, or inaccurately employed.

Nothing is eaſier than to form ſyſtems, excluſively to adopt, and then impoſe them on the public; which is more dazzled by the brilliant, than the true.

The deſire of abridging the labour which conducts to fame and fortune, has determined more than one phyſician to prefer this plan to that of obſervation; which is ſlow, painful, and deſtitute of all ſplendor.

The greater part of our time is employed not ſo much in the real ſtudy of medicine, as in that of the productions of the imagination, to which we are forced to ſubmit, and to adapt the practice of the art. "Imagination," ſays Chancellor Bacon, "creates, invents, embel-
"liſhes the arts, but injures real ſcience."

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* The Iceland Moſs.

When

When we carry into the practice of phyſic a diſpoſition to obſerve, we ſoon detect the inſufficiency of all theory. The new improvements in every branch of natural philoſophy, notwithſtanding their brilliance, diſcover at every ſtep how much is left unaccompliſhed; and that even their ſplendor has not totally diſſipated our darkneſs; we are forced to acknowledge the neceſſity of calling to our aid facts founded on repeated experiments. It is not ſpeculation alone which muſt be the guide of the Phyſician; he requires other ſupports; he muſt be a cloſe obſerver; he muſt ſearch into Nature herſelf for the truth of his ideas. In a word he muſt ſubmit his theory to a ſeries of trials, and wait its confirmation from a multitude of proofs. "The true Phyſician," ſays the celebrated Baglivi, "is he who ſtudies "Nature beſt, and who is led by a profound "inveſtigation to her moſt hidden myſteries, "by a chain of obſervations, conducted by "good ſenſe, and ſevere reflection." Obſervations are the demonſtrations of a Phyſician.

It is to experience that medicine owes its origin and progreſs, to the ſame it owes the knowledge of the virtues of remedies; it is

experience alone therefore that at this day can be the moſt certain guide to ſound practice. If the Americans diſcovered the virtues of Cinchona, it was neither by their philoſophy nor their ſpeculations in natural hiſtory, nor was it to their phyſiological or chemical knowledge that they were indebted for it, it was to obſervation and experience. If very lately Dr. Jenner has enriched medicine by one of the moſt happy, and to humanity the moſt conſoling of diſcoveries, it is to obſervation and experience that we owe it.

It will be ſeen in our treatment of the following caſes, that we have not neglected general means, when circumſtances required them; but we owe our uniform ſucceſs, to the activity with which we have employed a remedy, hitherto adminiſtered, in doſes far too ſmall, to produce the advantage which may be derived from it.

To judge with greater certainty of the medicinal powers of the Lichen Iſlandicus, we have often employed it without any additional aid. We ſhould aſſuredly have more deciſive ideas of the virtues of medicines, if, baniſhing thoſe multifarious pharmaceutical preparations

of

of the Arabians, we always followed this method, not more ſimple than rational.

If we contemplate the works of Nature, ſays Galileo, we ſhall ſee that ſhe employs means extremely ſimple; and ſince it is the duty of a Phyſician to imitate Nature, the ſimpleſt means which can fulfill his indications ought to be preferred, as the moſt natural. It is therefore neither the great number of remedies nor their pompous preparations that do honour to the art, but the cure of diſeaſes.

We expect to meet with warm oppoſers, with ſceptical writers, who, in ſpite of the beſt eſtabliſhed facts, will maintain, that it is impoſſible to cure a confirmed conſumption; but the candor of enlightened Phyſicians, and the new facts which will daily ariſe, will furniſh an irrefragable anſwer to theſe men, who have infinitely impeded the advancement of the ſcience of medicine—Yes, we muſt aſſert that one of the cauſes which has moſt contributed to impede the progreſs made in the treatment of Phthiſis pulmonalis, is the idea that it is incurable; an idea which unhappily prevails among the majority of Phyſicians; nevertheleſs,

how many diſeaſes do we now behold ſucceſsfully treated, which were formerly regarded as the opprobrium of medicine? "Learn," ſaid Cappivacius to the Phyſicians of his time, "other means of treating Phthiſis, and you "will no longer deem it incurable."

It muſt however be granted, that diſorders of the breaſt can only proceed towards a cure by ſlow and inſenſible ſteps; in order to obtain advantage from the beſt plan, ſteady perſeverance is eſſentially neceſſary. The ſick in general are readily capable of commencing a plan, but few can be found who have reſolution ſufficient to purſue it with conſtancy. We may even generally remark, that great enterprizes are by no means uncommon, but there is nothing more rare among men than this ſteady perſeverance.

It is a ſeries of facts, it is the experience of ten years which we ſubmit to the public; during which, the adminiſtration of this remedy has been attended with the ſame ſucceſs, in Germany, France, and England.

We have attentively obſerved the different methods of treatment recommended in theſe different countries, and compared them with each

each other, devoid of all national prejudice, or the bias of favorite theories, and with all the impartiality of which we are capable; we have endeavoured to diſcover, and correctly ſeize thoſe ſhades which diſtinguiſh them, and to ſearch for their principle in diverſity of climate, as well as in that of the temperaments which it produces.

Lichen islandicus

OBSERVATIONS

ON

PULMONARY CONSUMPTION,

OR

AN ESSAY ON THE

LICHEN ISLANDICUS,

CONSIDERED BOTH AS AN ALIMENT AND A MEDICINE IN THAT DISORDER.

ERYNGO-LEAVED LICHEN.
LICHEN ISLANDICUS, LAT.—LICHEN D'ISLANDE, FRA.—FIALLA GRAAS, ISL.
ISLAND MOOS, GER.

SYNONYMA. Lichen foliis oblongis, laciniatis, marginibus conniventibus, ciliatis. *Flor. Lapp.* 445.

Coralloides

Coralloides cornua Damæ referens. *Tournef. Inſt. rei herb. P.* 365 *et hiſt. des plantes des environs de Paris, P.* 316.

Lichen fronde convexa, ciliata, puſtulata, obtuſe ramoſa, utrinque levi, ramulis breviſſimis, bicornibus, *Hall. Sterp. Helv. Spec.* 1978, P. 82.

Lichenoides rigidum eryngii folia referens, Dill. *hiſt. muſc.* P. 209.

Lichenoides Iſlandicum Hoff.—pl. Lichenos, vol. 1. *faſc. tab.* 9, fig. 1, P. 41. *flor. Dan.* 155. *Withering Bot. arrang.* P. 196.

Lichen pulmonarius minor anguſtifolius, ſpinis tenuiſſimis ad marginem ornatis, receptaculis florum tranſverſe oblongis, rubris vel ex rubro ferrugineis. *Michel.—gen. plant.* 85.

Muſcus pulmonarius terreſtris ſanguineus. *Breyini Valent. muſc.*

Muſcus Iſlandicus membranaceus, inſigniter ſinuoſus in margine ſpinulis ciliaribus ornatus. *Raii.—hiſt. plant.* P. 30. *vol.* 3.

Muſcus catharticus Borrichii. *Honnbow's hiſt. of Iceland.*

Deſcription of the Plant.

This Plant bears leaves of a fawn colour, or grey aſh; ſometimes it is found mixed with pale

pale green even in a dry ſtate, but it is much more obvious when the plant is freſh. The lower part is often tinged with the colour of venous blood*; the leaves almoſt always reſemble the termination of a † buck's horn; but the indentation of the border, is much diverſified: they are two or three inches long, linear, lacinated, ornamented with very fine, ſhort hairs: the leaves are convex beneath, concave above; their whole ſurface is ſmooth, ſhining, bliſtered; and their ſubſtance tough, membranaceous, and difficult to be torn, both when recently gathered, and dry. The ſtem alone becomes brittle by drying. The ſaucers are terminating, ſeſſile, orbicular, and of a reddiſh brown.

Where found.

This Lichen grows wild in Europe in barren, dry, and rocky places. Tournefort ſaw it in

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* Oeder in his Pl.—155, of the Flor. Dan. repreſents it thus: J. Breynius, who collected his ſpecimens near Dantzick, found towards the lower part a *fluid*, reſembling blood.

† The horn of that ſpecies of Deer called, on the continent, *Dama*.

the

the environs of Paris. Haller ſays he found it on the whole chain of the Alps. Stoll noticed great quantities in Hungary. Gilibert aſſerts, that Lithuania produces a conſiderable quantity of it, which muſt undoubtedly be on the Crapack Mountains.

Dillenius ſays that it grows on the Commons in the vicinity of London; on the high grounds near Cambridge; and at Stieperſtone in Shropſhire. Ray tells us, that it was found by a Botaniſt on the mountains in Wales.

Mr. Newberry ſaw it upon the Rocks at Dartmoor in Devonſhire. It has been alſo obſerved on the Pentland Hills near Edinburgh; on ſeveral other mountains of Scotland; and likewiſe in the low lands. Sibbaldus found it in Stroma, one of the Hebrides. Oeder ſays, that it has been met with in the province of Dronthein in Norway.

Fabricius obſerved it on the rocks which border on the Categat.

The mountains of Hatz in Thuringia (in the Electorate of Saxony) furniſh it in abundance; but the places where it grows in greateſt

greateſt quantity, are Lapland, and Iceland, which appear to be the lands of Lichens*.

It is without ſmell; its taſte is ſlightly bitter, when chewed; the ſaliva diſſolves it into a ſoft mucilage. An ounce of the Lichen, boiled for a quarter of an hour in 12 ounces of water, will yield ſeven ounces of mucilage, as thick as that which is obtained by diſſolving one part of Gum Arabic in three of water. The inhabitants of

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* The Lichens are of great uſe in medicine, in dying, and in rural and domeſtic Economy.

The Wall Lichen (Lichen. Parietinus, Lin.) according to Baron Haller is a powerful tonic in reſtraining diarrhœa. The Lichen Juniperinus is a ſpecific in jaundice. The Lichen of the Rock (Lichen ſaxatilis) affords the Peaſants of Oëland and Gothland a brown and red dye: they boil the thread and lichen with the lye over a ſlow fire. They form with the Lichen of the Wall, of which we have juſt ſpoken, and allum, a yellow dye for wool. The Lichen tartareus Lin. and the Lichen calcarius Lin. furniſh a red dye by macerating them for ſix or eight weeks in urine.

The Lichen roccella Lin. the Lichen parellus Lin. and the Lichen ſtigius Lin. afford alſo a good purple or violet dye.

The Lichen prunaſtri Lin. is found very uſeful in Egypt for making bread and beer. The Lichen rhangiferinus, which vegetates under the ſnow, forms for ſome part of the year the chief ſubſiſtence of the Rein Deer, the flocks of which conſtitute the whole wealth of the Laplanders, ſince they furniſh them with clothes, bedding, and food.

Iceland

Iceland obtain from it an aliment at once agreeable, and nouriſhing.

It is probable that the medicinal properties of the Lichen were learnt from the Icelanders. When the Plant is freſh, they employ it as a laxative: but it loſes this quality by drying. One may alſo extract this property by a ſlight infuſion in water, in which form, it becomes an efficacious remedy in conſumption, cough, diarrhœa, and dyſentery.

THE MEDICINAL QUALITIES OF THE LICHEN ISLANDICUS*.

THE Lichen Iſlandicus is pectoral, tonic, agglutinant, antiſeptic, ſedative, aperitive,† corroborant, and at the ſame time demulcent. Sibbaldus[1] and Gilibert[2] ſay that it has been employed with great ſucceſs in the hooping cough. Some authors have attributed anthelmintic virtues to it. Stoll[3] thinks it very ſerviceable in Bulimia and in diſorders of the

* *In the courſe of this eſſay we indifferently denominate this plant Lichen Iſlandicus or Iceland Moſs.*

† Baglivy recommends the uſe of aperitives in all the diſorders of the lungs. Duret ſays that the urinary organs are the emunctories of the cheſt.

1 Hiſt. plant. in Scotiâ ſpont. naſc. p. 39.

2 Dem. Elem. de Bot. vol. 3, p. 402.

3 Lichen Iſlandicum, Medicamentum mucilaginoſum, involvens acrimoniam, roborans et maxime antiſcepticum in lue bovillâ optimum remedium eſſet. Stoll rat. med. p. 193.

Non dubito Lichenem Iſlandicum cum glycyrrhisâ in decocto propinatum eggregié couvenire in morbis Syſtematis urinarii, præcipue in Scabie veſicæ, atonia aut mucoſa, ſabuloſa, calculoſa renum, ac veſicæ diſpoſitione, amarum et mucilaginoſum lichenis id indicare videtur, Stoll. ib.

urinary

urinary paſſages. Haller[4] and other Phyſicians aſſure us that an infuſion of it in the form of tea deſtroys hydatids in the womb‡. The Phyſicians of the North regard it as a ſpecific in phthiſis; and undoubtedly it is the beſt remedy which has been yet diſcovered for this diſeaſe. Its excellent qualities have been perfectly deſcribed in the Memoirs of the Swediſh Society of Arts and Sciences.

Scopoli[5] appears to be one of the firſt who has called the attention of Practitioners to the uſe of this Lichen in the different ſtages of Conſumption. Doctor Hertz[6] relates many examples of its happy effects in this malady. He ſays alſo that this valuable remedy has ſo well anſwered his expectation in dyſentery, that he has never had occaſion to employ any other. Doctor Schoneider,[7] a Daniſh Phyſician, aſſures us, after a number of experiments, that it is the moſt efficacious remedy yet known in

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4 Stirp. Helv. ſpec. 1978, p. 82.

‡ We have never employed it in ſuch caſes, and therefore cannot vouch for its effects.

5 Ann. hiſt. nat. 1. 1769, p. 112, et Ann. 11. p. 141.

6 Briefe an Aerzte, vol. 2.

7 Societatis Med. Haunienſis collect. vol. 1. 1774, 8vo.

Phthiſis

Phthiſis Pulmonalis. He proteſts that he has in five or ſix weeks ſeen patients perfectly re-eſtabliſhed by the uſe of this Lichen. It is true that in theſe rapid cures the Phthiſis was the conſequence of eruptive diſorders. Mr. Cramer,[8] who has paid particular attention to this ſubject, has publiſhed, in a learned work, a multitude of facts which prove its eminent virtues in obſtinate coughs, ſpitting of blood, and Phthiſis Pulmonalis. If ſometimes it has failed to compleat a cure, ſays he, it has at leaſt uniformly alleviated the ſymptoms, and procured ſenſible relief. Tromſdorf,[9] who has written very well upon this vegetable production, recommends it in the moſt poſitive manner. Dr. Stoll[10] affirms, that it is very uſeful in caſes of delicate ſtructure, and weakneſs of the lungs, in ſcrophulous conſtitutions, and where there is a proneneſs to mucous ſecretion in that organ; the Lichen Iſlandicus, by its tonic, and healing virtues, corrects this catarrhous diatheſis. Nay, this tonic virtue is such, in the eyes of

8 Diſſertatio inauguralis medica de Lichene Iſlandico, 1780. 4to.

9 Diſſertatio de Lichene Iſlandico.

10 Ratio medendi, edit. Paris, p. 117.

Dr. Stoll, that he earneſtly recommends it when the ſtrength of the lungs is inſufficient to expel the ſecreted mucus: or even where the abundant expectoration would quickly exhauſt the patient.

Doctor Crichton,[11] who of all the authors that have written on the Lichen, has moſt limited its uſe, yet grants that it is excellent in Phthiſis Hæmoptoica, and Phthiſis Pituitoſa, or Mucoſa. "The Lichen Iſlandicus," ſays he, "appears always to have a decided effect, "that of ſtrengthening the organs of digeſtion, "and the general habit. In Phthiſis its good "effects conſiſt in improving the matter to be "expectorated; in diminiſhing the frequency "of the cough, and rendering it more eaſy; "in calming the irritability of the patient, "and in preventing, or much moderating the "Hectic Fever."

Dillen[12] ſpeaks of its great virtues in the different kinds of Conſumption: and we muſt declare, that according to our own experience, the Lichen Iſlandicus has been employed with

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11 London medical Journal, 1789.

12 Dillen. Hiſt. Muſc.

the

the moſt happy ſucceſs, in Tabes Dorſalis.* Mr. Quarin [13] has remarked that when the Lichen was inefficacious, it never produced bad effects, even when large abſceſſes were found, and that it has the virtue of enabling a weak and languid ſtomach to ſupport and digeſt milk. Mr. Elwert [14] recommends it in Phthiſis attended with ulceration. After innumerable obſervations he is convinced that this remedy has ſucceeded, even in caſes where night ſweats had long been preſent, where the violence of the cough occaſioned vomiting: where the emaciation was extreme, and where the hectic fever appeared confirmed.

Its ſudorific and diuretic properties are generally acknowledged; and though obſervation had not aſcertained its other virtues in Phthiſis, yet its determination to the ſkin, its action on the urine and the expectoration, would be ſufficient to convince us of its utility in the complaints of the cheſt; ſince in fact, an eſſential indication in the treatment of Phthiſis is to re-eſtabliſh the functions of the ſkin and its cellular mem-

* See Caſe 17.

13 Animad. prac. in diverſos morbos, p. 79.

14 Faſciculus plant. 1786.

 brane,

brane, in order that the inſenſible perſpiration, the moſt abundant of all the ſecretions, as well as the others which take place in this organ, may not be thrown upon the lungs. But the Lichen poſſeſſes the property of determining to the ſurface, independent of its powerful action on the urine.

There are circumſtances where the Lichen has been employed with much advantage in fumigation. When the lungs are in a ſtate of inflammation, when their irritability is become extreme, when their membranes are contracted; when the ſecreting organs are impeded, &c. their functions cannot but be uneaſy; reſpiration is painful, a fatiguing cough harraſſing them, and internal anguiſh compleats their ſufferings: frequent fumigations with the Iceland Lichen quickly relieve their miſery, and reſtores a calm in the cheſt, the ſufferings of which powerfully affect the whole ſyſtem.

Every one knows how much mucilaginous ſubſtances are employed in affections of the breaſt; theſe ſubſtances lubricate the membranes and parietes of the viſcera, and coats of the veſſels, allay the ſpaſm and irritation; alleviate the inflammation and pain: envelope and deſtroy the

the acrimony of the fluids, ſoften their pungency, and blunt the activity of the acrid juices of the primæ viæ. But as the nature of this malady requires long perſeverance in the regimen, the continued uſe of mucilaginous ſubſtances is in general productive of great inconveniences; for though they ſit eaſy enough on the ſtomach through their inſipidity, they weaken and diminiſh the tone of this viſcus, injure the appetite, retard or impede digeſtion; poured into the blood in too great a quantity by the Lacteals, they take from this fluid its active ſtimulant properties, and inſenſibly diminiſh the energy neceſſary for the re-eſtabliſhment of health. But if the Lichen Iſlandicus poſſeſſes mucilaginous properties, it brings with it a corrective of their inconveniences, it improves the tone of the fibres, it ſtrengthens and ſharpens the appetite, aſſiſts digeſtion, removes the nauſea, corrects the aceſcence of the humours in the primæ viæ, reſiſts the ſpontaneous production of acidities, and arreſts the putreſcent tendency of the fluids in general. A ſovereign remedy is furniſhed by the Lichen Iſlandicus when the hæmoptyſis ariſes from a ſcorbutic diatheſis, and even when ſigns of approaching diſſolution are preſent, as

oppreſſion of the cheſt, fluſhed cheeks, dry cough, and generally, a ſinking of all the vital functions. This laſt circumſtance fully juſtifies the free uſe of this valuable plant.

When our object is to extinguiſh the hectic heat, to moderate the inteſtine motion of the blood, and prevent the return of the hæmoptyſis and its conſequences, the uſe of the Lichen, both as diet and medicine, poſſeſſes virtues truly ſpecific, which give it a decided ſuperiority over Aſſes Milk and all other pectoral remedies.

The cure of conſumption in many caſes requires the vital powers which the diſeaſe has exhauſted; the unctuous and mucilaginous remedies commonly uſed, increaſe the debility and exhauſtion; the uſe of the Lichen on the contrary reſtores the elaſticity of the parts enfeebled by the inflammation.

The Bark which has been ſo much extolled by *Morton*, *Brunner* and *Werloff*, is not nearly ſo uſeful as the Lichen, which poſſeſſes all its advantages without its inconveniences. For the Bark being aſtringent* may prove injurious,

* Cortex Peruvianus phthyſin ab hæmopthyſi inflammatoriâ natam, ipſamque hanc hæmophtiſin adeò non ſanat, ut illam inſigniter

rious, as the conſequence of aſtriction is likely to produce a renewal of the habitual hæmorrhage in two ways, firſt by conſtringing the vaſcular ſyſtem a plethora ad vaſa is induced, which is the common occaſional cauſe of renewed hæmoptyſis; a ſecond cauſe is, that in conſequence of the phyſical and vital action of this medicine, conſtipation, which is here a natural effect, commonly brings on a diſpoſition to general hæmorrhage, diſtinguiſhable, even in ſubjects not naturally diſpoſed to hæmoptyſis, by the tenſion of the pulſe, and in moſt patients by the loſs of ſome blood from the noſe, the lungs, or by hæmorrhoids. Beſides, the inflammatory ſtate of the blood and the irritability, independent of radical weakneſs, plainly contraindicates the uſe of the *cinchona*, as has been pointed out by the obſervations of De Meza,[14] a Daniſh Phyſician.

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inſigniter promoveat et ægros in perniciem precipites agat. Inde etiam ratio habetur, quare adſtringentia in *hæmopthyſi phlogiſticâ*, etſi vulgata praxis iiſdem toties utatur, morbum plerumque immedicabilem reddant—— - - - - - -

Pure alicubi intra corpus concluſo, aut preſente ſanguinis phlogiſtica diatheſi, aut pulmonibus penes abſceſſum graviter inflammatis hic cortex aut inutilis, aut pernicioſus artem ludit. *Stoll ratio medendi*, p. 191.

14 Vis cort. peruv. ſuſpecta in hæmoptoes et phthiſeos curatione. *Vide acta ſocietatis medicæ regiæ Haunienſis*, *tom.* 1. *p.* 40.

Dr. Lind informs us that Sir John Elliot was much diſſatisfied with the uſe of the bark in Phthiſis; and Sir W. Duncan obſerved that the uſe of it generally increaſed the diſeaſe, and often rendered it incurable.

The good effects of the Lichen Iſlandicus are particularly conſpicuous in one of the moſt alarming ſymptoms of Phthiſis, the Diarrhœa.* The remedies which have been employed in this caſe are innumerable, and all practitioners grant their inefficacy, and ſometimes even their danger.

Mr. Pauliſki,[15] in ſpeaking of the great advantage of this vegetable ſubſtance in pulmonary Phthiſis, remarks, that it prevents, or diminiſhes the Diarrhœa, that ſymptom ſo fatal to the conſumptive. He particularly dwells on its virtue in Phthiſis occaſioned by the metaſtaſis† of ſome acrid humour on the lungs, and finally declares that he never ſaw it produce bad effects.

When the diſorder is far advanced, the object of the treatment being to fortify the

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* See Caſes 10 and 16.

15 Med. pract. deob. 2 Samm. 1. 104.

† See Caſes 5, 9, 13 and 14.

fluids,

fluids, and correct their exiſting acrimony, we muſt, with this view, employ antiſeptics joined with antiſcorbutics; but if theſe medicines are indicated by the general ſtate of the fluids, it often happens that by their nature they injure the preſent ſtate of the reſpiration. The Lichen Iſlandicus being exempt from theſe inconveniences, fulfils this two-fold indication in the moſt ſatisfactory manner; nor can there be a doubt of its eminent antiſeptic, and even antiſcorbutic virtues, provided it be taken in doſes ſufficiently large.*

Dr. Prevenair has done the ſame juſtice to this medicine; I have ſeen, ſays he, the Iceland Lichen employed in internal ulcers, gonorrhæ, and colliquative fevers.

They uſed the decoction of it morning and evening, and by the conſtant uſe of it the acrimony of the humours was entirely corrected; the ulcers healed, and the nutrition proceeded with ſuch celerity and in ſo aſtoniſhing a manner that it was perceptible from the firſt; and the pulſe ſoon returned to its natural ſtate.

I gave, adds he, this decoction to a conſumptive patient who expectorated blood mixed

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* See Caſe 7.

with

with pus, and to whom the moſt extolled remedies had been adminiſtered without ſucceſs; the continued uſe of this decoction entirely reſtored his health, and even to a better ſtate than he had enjoyed before his illneſs.

THE LICHEN ISLANDICUS has been given boiled either in water or milk; ſometimes in infuſion, often in decoction; it has been alſo given in powder,* or under certain circumſtances an extract of this vegetable has been adminiſtered.

We may appear minute in the eyes of certain ſarcaſtic wits who ſtudy medicine in the groſs, when we recommend the moſt ſcrupulous attention to ſeparate all extraneous ſubſtances, which at firſt ſight appear to conſtitute a part of the Moſs itſelf. This preliminary preparation however is eſſential if we mean to obtain with certainty the virtues of the plant; it muſt then be infuſed in boiling water to ſeparate all the earthy particles which adhere to it, and to take off the bitterneſs which renders it diſagreeable;

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* Dodoneus in his hiſtory of plants, publiſhed 1650, ſays, the phyſicians of his time gave the Lichen in powder.

Sibaldus aſſures us, that the powder of this Lichen taken in ſmall beer is a ſpecific in the hooping cough.

after

after which it ſhould be boiled, whether we mean to employ the mucilage obtained in this manner either as food or medicine. It may be rendered more or leſs agreeable by the addition of milk, honey, ſyrup, &c.

One may prepare alſo from the Lichen Iſlandicus a kind of jelly, which contains in ſome degree of concentration, all its medicinal properties.

Take for this purpoſe ſix ounces of the Lichen, and with three quarts of ſpring water, make a ſtrong decoction by boiling for an hour, preſs the boiling decoction through a fine hair ſieve, and then put it over a ſlow fire in a jelly baſin, and let it evaporate till it is reduced to a pint, then add ſix ounces of refined ſugar, and evaporate the mixture till you have about a pound of thick ſyrup, which when cold will aſſume the conſiſtence of a jelly.

By taking, in the courſe of the day, ſix ſpoonsfull* of this jelly, you are certain of having employed one ounce of the pure extract of the Iceland Moſs.

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* By a ſpoonfull is underſtood half an ounce.

Before

Before we conclude this part of our ſubject, we muſt obſerve, that of the Lichen Iſlandicus, which we have employed, that from Iceland, has uniformly appeared to produce more certain effects than that of Saxony or Great Britain. May we not hazard a conjecture that in the northern regions, this plant lying under the ſnow for more than eight months, its medicinal properties may be more perfectly elaborated than in milder climates? This is merely a conjecture, but if it ſhould lead to a more ſatisfactory explanation, we ſhall be happy in having ſuggeſted the idea.

THE LICHEN ISLANDICUS CONSIDERED AS AN ARTICLE OF DIET.

THE ancients commonly employed ſo few remedies, that they called medicine *Paucarum herbarum ſcientia*, the knowledge of a few ſimples; becauſe with a few plants, ſkilfully and judiciouſly managed, they effected ſurpriſing cures. Yet it was only by means of the ſubſtances which were taken rather as a regimen than as medicines, becauſe they were commonly taken in aliments, which made a medicinal nouriſhment, *medicina in alimento*. The Phyſician applied himſelf principally to know how to nouriſh his patients properly, and to learn the things which would combat the cauſe of their diſeaſes. If there is one inſtance in which we ought to adopt this doctrine of the ancients, it

is undoubtedly in Phthiſis pulmonalis; where we muſt not only attend to the bad ſtate of the lungs, but correct the whole maſs of the fluids, which are altered or infected, if the diſorder has made any progreſs; and as evacuants only weaken the patient, without ameliorating the ſtate of the fluids, we muſt inſiſt on employing remedies which may change the bad conſtitution which has ſupervened through the whole ſyſtem. It is this certainty, which has determined us to prepare the Lichen Iſlandicus* as an aliment, in order to extract from it all the advantages it can yield.

Mr. Cramer [16] has proved from the nature of its conſtituent principles, and the long experience of the Icelanders, that this ſubſtance is nouriſhing, and at the ſame time eaſy of digeſtion, ſtrengthens the ſolids, and although mucilaginous, gives tone to the ſtomach, and at the ſame time provokes appetite.

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* Alexander Trallianus, Rhaſes, Meibonius, Clerc, Daniel Cruger, La Peyre, ſpeak of the great advantages of medicinal nouriſhment in Phthiſis.

16 Diſſertatio inauguralis medica de Lichene Iſlandico, 1780, in 4to.

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The Icelanders, ſays Dillen, [17] make broth of it, or dry it to make bread; they alſo make a kind of oatmeal of it to mix with milk.

Doctor Gilibert [18] tells us that after boiling the Lichen, the jelly becomes nutritive.

Fabricius, [19] in his voyage to Norway, recommends in times of dearth, and ſcarcity of grain, the uſe of the Lichen Iſlandicus, which furniſhes a ſubſtance very nouriſhing, and is the common food of the Icelanders.

Borrichius [20] tells us that the Icelanders dry it, and after having reduced it to flour, mix

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17 Dillen. hiſt. muſc.

18 Demonſtrations elementaires de Botanique, tom. 3, p. 402.

19 Barrede Zu Johann. Chriſt. Fabricius reiſe nach Norweigen, *Hambourg*, 1779, p. 23.

" The Norwegians, ſays he, make a bread with the interior " of bark of the fir, which they reduce to flour and bake it to the " conſiſtence of bread: the bread is ſweet, but very cloſe and " heavy; it often cauſes afflicting diſorders, and premature death: " it is much to be wiſhed, that they could ſubſtitute for it, other " vegetable ſubſtances.

" I adviſed the clergy and magiſtrates to encourage the uſe " of Lichens, and more particularly the Lichen Iſlandicus, which " furniſhes a light and nouriſhing diet. We know that in Iceland " they not only employ it for this purpoſe, but that it is of the " greateſt ſervice in diſeaſes of the lungs."

20 Borrichius in Bartoloni Act. Med. hafm, 1671.

it

it with their daily aliments. Sibbaldus,[21] Haller,[22] and Crants,[23] ſay the ſame thing; and add, that the broth of this ſubſtance, not only powerfully ſupports phthiſical perſons, as a diet, but affords the moſt effectual relief as a medicine.

Linnæus,[24] in a diſſertation on the different ſubſtances employed in making bread, ſpeaks of the Lichen as very proper nouriſhment, and aſſures us, that many people make bread of it.

La Marck,[25] ſpeaking of its virtues, tells us, that it is nutritive, highly pectoral, and even antiphthiſical. In Iceland, adds he, they reduce it to powder, make a kind of oatmeal or ſemolina, which they put in their broth, and even make bread of it; boiled in milk, it affords a nouriſhment not diſagreeable, and which by its mucilage, may perhaps be uſeful in diſeaſes of the cheſt, to perſons

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21 Hiſtoria Plantarum in Scotia ſponte naſcentium, p 39.

22 Stirp. Helv. ſpec. 1798, p 82.

23 Hiſtory of Greenland.

24 Amen. Acad. tom. 5, p. 67.

25 Dictionnaire Encyclopedique, methodique, Botanique, art. Lich. d'Iſl.

threatened

threatened with Phthiſis, and to thoſe convaleſcent after pectoral diſorders.

Mr. Pallas ſays that he found in country places, in Southern Aſiatic Ruſſia, an eſculent Lichen, which the inhabitants eat during years of ſcarcity. The deſcription he gives leads us to believe, that this eſculent Lichen is the Lichen Iſlandicus.

The Icelanders, according to Honnebow,[26] make a very delicate diſh of the Lichen. "I "have often eat it, ſays he, at firſt from cu- "rioſity, afterwards becauſe I found it as agree- "able, as wholeſome. This plant grows in "great abundance, the inhabitants who live near "the places where it is found, collect it in great "quantities for their own uſe, and to ſend to "market. Thoſe who reſide at a diſtance, ſend "a number of horſes to bring it in conſiderable "quantities. Many people make no uſe of "flour when they have a ſufficient proviſion "of this food, as agreeable to the taſte, as con- "ducive to the health."

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26 Hiſtory of Iceland.

The Author of a Voyage to Iceland, undertaken by the command of His Daniſh Majeſty, gives us this account,* viz.

" This moſs is uſed as food over all Ice-
" land, and they eat it daily; in conſequence
" of which a duty has been impoſed on it,
" as on other articles of conſumption. The
" moſt uſual mode of preparing it, is by
" making a gruel of it, after ſteeping it in
" water, for twenty-four hours, to take away
" a degree of bitterneſs which renders it un-
" pleaſant. It is then taken out, the water
" ſhaken off it, and boiled in whey to the
" conſiſtence of jelly, which they eat warm
" with butter, or cold with curd. Some chop
" it ſmall after it has been ſteeped in the
" water, others dry it by a fire or in the ſun,
" after which they powder it by beating it
" with a kind of mallet in an oval ſack; then
" it is boiled in milk, and furniſhes an agree-
" able diſh, eaſy of digeſtion, and highly
" nutritious.

" We will add, that this food which we
" have uſed ourſelves, is the moſt ſalutary

* Voyage en Iſlande fait par ordre de Sa Majeſté Danoiſe. *Traduit du Danois par Gauthier de la Peyronie*, 1802.

" that

" that can be given to perſons attacked " with conſumption or other diſorders of the " cheſt."

Hippocrates, who made diet his principal, and often only remedy, was the firſt that wrote on the choice of aliments. In what he has left us on this ſubject we recognize, as much as in any of his works, the great Maſter, and conſummate Phyſician.

Since no one doubts that the renovating juice is the moſt refined of all the animal fluids, whenever theſe are in diſorder, or impoveriſhed, that muſt neceſſarily loſe by degrees its eſſential qualities; it can then but imperfectly repair the waſte of the ſolids; theſe waſtes continuing, and increaſing, form chaſms very likely to diſturb the order and regularity of the oſcillations of the fibres; hence confuſed irritations through the whole nervous ſyſtem, diſtinguiſhed by uneaſineſs and laſſitude. If the Lichen has proved ſo often and ſo immediately efficacious, we muſt grant that its uſe, both in diet and medicine, will not be limited to the mitigation of urgent ſymptoms; but that an aliment which is continually furniſhing nutritive and medicinal principles, by operating

an entire change in the ſtate and qualities of the fluids, will be able to extinguiſh, abſorb and exhauſt, if we may uſe the expreſſion, the very fomes of the diſeaſe.

We have ſeen that the Icelanders, for the greateſt part of the year, make it a principal article of their diet. Many authors have pointed it out as a ſubſtitute for corn in other parts of the world, in times of ſcarcity; why ſhould not the Phyſician claim a ſhare in its virtues, ſince its properties have been ſhewn to have ſo powerful an influence over the whole animal œconomy? This ſubſtance has ſomething ſo ſoft and mild, that it forms a new lymph, calculated to replace through the body of the conſumptive that renovating juice of which emaciation has deprived him. It furniſhes a mild chyle proper to allay the inteſtine motion of the blood, or its irregular determination, which ſupports the prediſpoſition to hæmorrhage common to young perſons threatened with Phthiſis.

All practitioners agree that a great point in the cure of pulmonary Phthiſis, is to produce a harmony in all the different parts of the ſyſtem. The choice and regulation of the quantity of mild

mild and gelatinous diet, are powerful means of attaining this end. The Lichen employed as a medicinal nouriſhment fulfils this indication; it has a ſedative virtue, which produces the Silentium Pectoris ſo recommended by the Ancients. It appeaſes the cough, the convulſive efforts of which endanger the rupture of the blood veſſels, and form an inſuperable obſtacle to the healing of thoſe ruptured or ulcerated in the lungs.

This remedy adminiſtered with perſeverance in the cough of conſumptive patients never fails by alleviating that, to procure eaſe to the lungs; nor is this all, it attacks the root of the evil by giving freedom to the circulation, in the minute ramifications of the pulmonary arteries; and at the ſame time facilitating the expectoration, which it improves both in quantity and quality, while the cauſe of its production is removed, and the ſpaſm prevented, by its lubricating effect on the viſcera.

Of all the different methods which we have employed in preparing the Lichen for diet, chocolate holds the firſt rank. Chocolate is one of the moſt wholeſome and valuable beverages now in uſe; it is very nouriſhing, and

anſwers in all caſes where the object is to invigorate the ſyſtem. A Spaniſh author ſays, they have proved in America upon criminals condemned to die by hunger, that an ounce of cocoa, will ſupport life longer than a pound of rice or fleſh.

Doctor Sparman (in his voyage to the Cape of Good Hope) tells us, that the whole crew of a veſſel were ſubſiſted during two months upon chocolate alone; and that they found this food ſo congenial, that it gave plumpneſs and vigour to bodies weak and exhauſted.

Doctor Navier has employed chocolate with ſucceſs in conſumptive diſorders of long ſtanding.

Mr. Gaterau, a Phyſician at Montpellier, has cured a nervous Phthiſis, which had reſiſted a variety of treatments, by the continued uſe of chocolate.

We cannot reſiſt extracting a part of the opinion of the author of *The General Hiſtory and Œconomy of Plants*. "Chocolate, ſays he, is "not only nouriſhing but it is medicinal; it "agrees well in chronic diſorders by virtue of "its oleaginous, balſamic, and tonic qualities; "it is equally ſalutary to perſons attacked "with ſcurvy or pre-diſpoſed to it. Its mild

"and

" and unctuous properties render it an excel-
" lent defence againſt the acrimonious deflux-
" ions which attend catarrh, and by irritating
" the fauces, produce violent coughs."

The conſumptive will find in the uſe of it a medicinal aliment, which they would in vain ſearch for elſewhere. If they would take no other nouriſhment than chocolate, or creams made with farinaceous and demulcent ſubſtances, ſuch as ſemolina, ſago, vermicelli, the oatmeal of Brittany, and others of this kind; it is certain they would derive much more advantage from it than from the uſe of any milk. In a word, well prepared chocolate is at the ſame time an excellent diet, and no contemptible ſtomachic remedy, as well on account of its nutritive qualities, as of thoſe of the ſaponaceous, balſamic and digeſtive ſalts with which it abounds. It is equally pectoral by virtue of its oleaginous quality.

Independent of this preparation, we have made others with the Iceland Moſs, ſuch as creams, paſtils, jellies, biſcuits, and gruel; in ſhort we have varied it as much as poſſible, to prevent our patients experiencing that diſguſt which ariſes from uniformity.

OF THE REGIMEN TO BE OBSERVED DURING THE USE OF THE LICHEN.

WE have ſeen in the foregoing pages, how much the mode of living influences the cure of pectoral diſorders. We can only lay down ſome general rules, which, according to the circumſtances of the caſe, muſt be modified by the diſcernment of a ſkilful Phyſician. We muſt however again repeat that the more ſimple the diet, the more it will coincide with the plan, and tend to inſure its ſucceſs.

Before the Lichen is made uſe of we ought to attend to the primæ viæ, and clear them, if neceſſary, from the impurities they may contain; for in this kind of diſorder the bile and other humours have a great diſpoſition to putreſcence, if they are left in the inteſtines; they not only produce there a conſtant fermentation, but there will alſo ariſe local accidents, ſuch as nauſea, vomiting, cholic, &c.

It will be neceſſary to abſtain from all ſubſtances difficult of digeſtion, from high ſeaſoned diſhes, paſtry, coffee, liqueurs, &c.* meats highly nouriſhing, ſuch as partridge, capons, are by no means proper; it will be equally neceſſary to abſtain from rich ſoups, made with poultry, mutton, &c. as they augment the turgeſcence of the blood, and cauſe a determination to the diſeaſed parts.

It will be much better, if we think it neceſſary to order broths, that they ſhould be leſs nouriſhing, and rendered medicinal, by being made with mutton, veal, and a large proportion of purſlane, lettuce, turnips, and borrage; but what is much better is a regimen entirely vegetable. Among the *roots* we may mention carrots, turnips, ſcorzonera; among *herbs* red cabbage, ſuccory, lettuce, ſorrel, beet; among *fruits* raiſins, prunes, figs, dates, jujubes,

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* The ſeaſonings and ſpices uſed in many kitchens, ſays Dr. Cheyne, are pleaſing poiſons, which vitiate the natural food, and greatly injure the health.

Aromata quæ tam familiariter coqui tractant ſunt grata venena quibus et alimenta corrumpuntur et Sanitati damna non levia inferuntur.

De infirmorum Sanitate tuendâ.

apples

apples ſufficiently ripe; and laſtly, among the *farinacea*, rice, oatmeal, barley, oats, ſemolina,* ſago,† ſalep,‡ arrow-root, tapioca, combined with the Lichen Iſlandicus. For theſe ſubſtances are ſufficiently nutritive, eaſy of digeſtion, and very proper to ſweeten the blood, and to renovate and improve its conſiſtence; qualities, the reſtoration of which, are moſt requiſite in this diſeaſe.

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* *Semolina* is a paſte made of fine flour and then reduced into grains about the ſize of muſtard ſeed. They make great quantities of it in Provence.

† *Sago* is a farinaceous ſubſtance in grains like millet ſeed, which is extracted from the pith of a kind of Indian Palm Tree; which has been mentioned by Ray, Parkinſon, Boerhaave, and others, they call it the Sago Palm, *Palma Japonica, ſpinoſis pediculis, polypodii folio.*

‡ The *ſalep* or ſaleb, which has been mentioned by Albert Seba, Degner, and Geoffroy, is a bulbous root of a ſpecies of Satyrion. Linnæus calls it *Orchis bulbis indiviſis, nectarii labio quadrifido crenulato, cornu obtuſo.* The Turks make great uſe of it, as it contains a viſcid mucilaginous ſubſtance, which diſſolves eaſily like gum. When we wiſh to uſe it we take a ſpoonful of this root reduced to a fine powder, with which we mix by degrees a ſufficient quantity of boiling water in which it diſſolves; this is then diluted with water, milk or broth. This ſubſtance is in high eſtimation among the Perſians, who attribute aſtoniſhing virtues to it.

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The patient ſhould renounce all buſineſs, and every thing which may agitate the mind; he ſhould go to bed early, and avoid watchings; he ſhould equally ſhun damp, great heat, and ſevere cold; he ſhould be warmly cloathed, more particularly about the breaſt and extremities. The patient ſhould breathe pure and freſh air; that of his apartment ſhould be frequently changed by opening the doors and windows at ſuitable hours; nothing is more hurtful than to live in cloſe hot rooms. We ought to conſider the atmoſphere which ſurrounds us on all ſides as a real bath in which we are immerſed, which acts conſtantly upon our bodies, and fortifies or relaxes us in proportion to the degree of purity or heat which it poſſeſſes. Exerciſe on foot, in a carriage, or on horſe-back, is eſſential, and whatever has been ſaid againſt it by a Phyſician of great eminence, we muſt allow that it poſſeſſes great advantages. Sydenham has praiſed it with great juſtice; and in effect the conſtant agitation that it gives to the lungs joined to the benefit of the freſh air, expelling the purulent matter from the cheſt, renders the remedies more active, breaks the texture of the tenacious and viſcid phlegm in the ſoft and lax

texture

texture of the lungs, which much facilitates the reſolution of the tubercles.

We ſhall not decide upon the kind of exerciſe to which the preference muſt be given: that which we conſider as eſſential is to chooſe as far as poſſible, that which is moſt agreeable, which enlivens the ſpirits, and at the ſame time exerciſes the body: for, as Plato ſays, the connexion which exiſts between the mind and body does not permit the body to be exerciſed without the mind, nor the mind without the body. In caſe bad weather or other circumſtances ſhould prevent the patient from going abroad, he muſt have recourſe to dry frictions,*

* Friction which was regarded by the ancients as one of the moſt powerful reſources of medicine, has fallen into ſuch diſuſe, that few can be found who have reſolution enough to preſcribe it. The nature of man however is not changed, and the blame muſt be laid on the caprice of faſhion alone; for the art of healing muſt neceſſarily ſuffer from this inſtability of all ſublunary things. It is for Phyſicians of obſervation and experience to reſiſt this propenſity to conſign to oblivion modes of treatment which the experience of ages, as well as the ſanction of reaſon herſelf have eſtabliſhed, and to prevent their being replaced by puerilities.

Celſus, that is to ſay, one of the ancient medical authors who indulged leaſt in vain theory, and diſcovers, in his writings, the greateſt ſolidity of judgement, has conſtant reſource to Friction, whether for the preſervation of health or as a concurrent means in the cure of many diſeaſes.

which,

which, among other advantages, poſſeſs that of ſtrengthening the ſyſtem, and gradually producing the ſame effect as moderate exerciſe. The tepid bath as high as the waiſt, or of the ſuperior or inferior extremities is very uſeful at bed time, as it diminiſhes the heat of the cheſt and the cough.

SELECT

SELECT CASES

ADDUCED TO

ILLUSTRATE AND CONFIRM THE FOREGOING

OPINIONS AND CONCLUSIONS.

CASE I.

MR. Alex. Keller, 25 years of age, of a ſanguine, bilious temperament, with a long neck, contracted cheſt, elevated ſcapulæ, *alarum inſtar:* in the month of December 1794, after ſome exceſs in wine, and having ſung much, was attacked with a dry and violent cough, which continued during many months. In ſpite of every attempt to arreſt its progreſs, the cough became ſo diſtreſſing, that after food it produced an inclination to vomit; a conſtant dull pain on the left ſide; a lively flushing in the cheeks; heat in the palms of the hands; ſlight

ſlight fever, which increaſed towards evening; the expectoration purulent, and ſtreaked with blood; and rapid emaciation, left no doubt of the ſtate of the cheſt. In the month of April following, the patient required my care. After having applied cupping, with ſcarification on the ſide affected, I put him on the uſe of the Lichen Iſlandicus, which at firſt conſtituted the whole of his diet; by degrees I permitted him to add farinaceous ſubſtances, then new-laid eggs, till at the end of five months his health was ſo far re-eſtabliſhed, that attention to particular diet became nearly unneceſſary. In 1798, I had occaſion to ſee him, he was perfectly well, and had perceived no return of his complaint in that time.

CASE II.

Mr. J. of La Belinaye, had after repeated attacks of hæmoptoe, been harraſſed with a dry cough; his expectoration was often ſtreaked with blood and very unfavourable, he had colliquative ſweats and difficult reſpiration. Although he thought his caſe deſperate, he applied to me in the beginning of the year 1795:

two

two months treatment, of which the Lichen Iſlandicus was the baſis, completely re-eſtabliſhed his health, to the great aſtoniſhment, and ſtill greater ſatisfaction of his friends.

CASE III.

In September 1795, Mademoiſelle L. K. a German, 18 years of age, being in the country and walking with ſome young friends, an amazing large dog attacked her with great impetuoſity; although ſhe received no injury, her terror was ſo great that ſhe fainted on the ſpot, and was carried ſenſeleſs to the houſe of her relations, which was at ſome diſtance. The aſſiſtance given her ſoon reſtored her ſenſes, but as it was a critical period, the ſecretion totally diſappeared; during a month ſuitable means were employed to regulate the approaching epoch, but in vain; a dry obſtinate cough came on, pains in the back and loins were perceived, ſhe became pale and cachectic, and was tormented with cruel pains in the cheſt; the expectoration ſoon became ſtreaked with blood, and purulent; a ſlow fever and extreme emaciation ſealed the confirmation of Phthiſis.

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In the beginning of January 1796, I was called to attend this young perſon, who with reaſon excited the moſt anxious ſolicitude. Her diet was at firſt ſtrictly confined to the Lichen Iſlandicus; I gave her eaſtern ſaffron, not only in the drink ſhe uſed, but in the various alimentary preparations made for her; in leſs than ſix weeks, in conſequence of this plan, ſo ſimple, the ſymptoms diſappeared, the menſes returned, the regimen became leſs ſtrict, and in a ſhort time this intereſting perſon recovered her accuſtomed health, and returned to her former occupations.

CASE IV.

Madame de L - - - -, aged 30 years, of a conſtitution extremely nervous, having ſuffered repeated loſſes, which had placed her in the greateſt danger, fell into a ſtate of languor and extreme emaciation, with conſtant ſlow fever, and could neither take nor keep on her ſtomach any kind of nouriſhment; her pulſe was ſo ſmall and weak, that it was hardly perceptible; the organs of digeſtion were in ſo wretched a ſtate, that ſhe could hardly ſwallow two or three

ſpoonfuls of broth without experiencing inexpreſſible ſpaſm, and ſeemed every moment on the point of loſing her ſenſes.

I began by diſcarding all the parade of Pharmacy, with which her chamber was filled. I put her on the uſe of the Iceland Chocolate for her only medicine and food; it was prepared with water, and a ſpoonful of it was given every hour; at the end of three days, her pulſe became ſtronger, and ſhe found no difficulty in taking her new food; I encreaſed the quantity by degrees, and after ſome time, part of the yolk of an egg was added, and gradually rendered more nouriſhing, by ſuffering her to take the whole, and every ſucceeding day encreaſing the quantity. After perſevering in this regimen for ſix weeks, my patient had gained ſo much ſtrength, that I permitted her to take a little chicken; her health became more and more eſtabliſhed, and in four months ſhe returned to her former mode of living and occupations, and her health was more brilliant than ever, to the great aſtoniſhment of thoſe who had ſeen her in her dreadful ſtate of decay.

CASE

CASE V.

Madame Allard, a widow, aged 36 years, had an ulcer in the leg, which after having continued a conſiderable time, healed of itſelf; in a ſhort time after a dry cough ſupervened, and ſo violent, that it was ſometimes followed by vomiting. She ſoon ſpit blood, mixed with purulent matter, the ſlow fever became manifeſt, and undoubtedly ſhe would have fallen a victim, if ſhe had not determined on adopting our plan. She was not long without perceiving the happy effects, and the cure had certainly been more rapid, if the patient had not ſometimes been imprudent in neglecting her regimen.

CASE VI.

Mr. Meyer was attacked in December 1794, with a ſevere cold, which having been neglected, left a dry cough, with oppreſſion, a dull pain between the ſhoulders, and ſtricture on the cheſt, which was augmented by walking, or the leaſt motion. The tongue nevertheleſs was clean, the urine little altered, and the ap-

petite tolerably good; but the thirſt was ardent, the ſkin conſtantly dry and burning, and the hectic fever ſtrongly marked by the extraordinary vivacity of the pulſe. The painful ſwelling of the hæmorrhoidal veſſels, determined me to apply leeches. This application diminiſhed the dryneſs and rigidity of the ſolids, procured a mild and refreſhing diaphoreſis, which ſomewhat abated the febrile heat. I then made him take the Lichen; he employed it alſo as diet; the regimen was at firſt abſolutely vegetable; in proportion as the cure advanced, I became leſs rigorous. Perſevering in this plan for two months, effected a perfect cure, and ſince that time he has acquired an em-bonpoint as decided as flattering.

CASE VII.

Mr. G. Barbazan, a merchant, aged 37 years, of a phlegmatic temperament, and tall, ſlender and delicate make, with high ſhoulders and contracted cheſt, being obliged to travel much in different countries, expoſed to extreme variations of atmoſphere, and committing many errors in his regimen, was attacked with frequent

quent ſpitting of blood, he had profuſe ſweats, copious diſcharge of urine, a moiſt and frequent cough, eroſions of the gums, and ſcurfy eruptions over the whole body. He had long been purſuing various plans, and always without ſucceſs; every day augmented the alarm for his ſituation. In the beginning of the year 1795, he repoſed confidence in us. A complete vegetable diet, the Lichen Iſlandicus, combined with antiſcorbutics, in a few months put a period to all anxiety. Since that time he has made different voyages, both to the North and South, and although of a conſtitution extremely delicate, his health continues. He is, it is true, correct in his mode of living, and for a long time continued the uſe of the Iceland Chocolate.

CASE VIII.

Madame de S - - -, of a very delicate conſtitution, after five years marriage became pregnant. Her accouchment was very favorable, ſhe was determined to ſuckle her daughter, contrary to the advice of her phyſician, who judged rightly that ſhe could not ſupport the

ſatigue. At the end of two months, a dry cough, great heat of the cheſt, exceſſive weakneſs, and an alarming emaciation, indubitably announced to this tender mother, that ſhe muſt relinquiſh the delight of ſuckling her child. All her relations apprehended her loſs. Leſs than three weeks of our care ſufficed to reſtore peace to this diſconſolate family, and at the end of two months ſhe was perfectly well, thanks to the Iceland Moſs, which was the baſis of her treatment, and entered into the preparation of all her diet.

CASE IX.

Mr. A. Muller, Merchant, aged 30, of a ſanguine bilious temperament, was attacked with a malignant fever, where they had to conflict with the moſt adverſe ſymptoms. On the thirtieth day there was a critical depoſition on the lungs, which excited a violent cough; the expectoration was purulent and mixed with blood, and the weakneſs of the patient was extreme. The exhibition of the Lichen in very large doſes as a medicine, and its uſe in diet ſoon put a ſtop to the cough and diminiſhed

niſhed the expectoration; ſeven weeks perſeverance in this plan perfectly re-eſtabliſhed his health.

CASE X.

The daughter of Mrs. E. Shults, aged 17 years, had fallen into a general emaciation; ſhe had a ſlight cough, a ſlow fever accompanied with diarrhœa and vertigo. A phyſician of eminence who had the care of her, had neglected nothing which his art indicated. But all was ineffectual, and the diſorder gained ground every day; ſhe was reduced to the moſt alarming ſtate when I was called in; three weeks perſeverance in our plan, produced a ſenſible amendment, and in leſs than three months ſhe was perfectly re-eſtabliſhed. She had been ſo much pleaſed with the Iceland chocolate, that every time her relations wiſhed to indulge her, they gave her this chocolate for her breakfaſt.

CASE XI.

Mr. F. Dupond, in the courſe of the year 1795 was attacked with frequent catarrhs, ac-

 companied

companied with ſevere cough, and conſiderable affection of the cheſt, the fluſhing of the cheeks, ſome ſpitting of blood, and the ſtate of the pulſe, determined them to bleed, which perhaps they did too frequently. This only augmented the diſorder, and weakened the patient; the emaciation made every day a moſt alarming progreſs; the excretions were profuſe, the leaſt exerciſe encreaſed the fever, the acceſs of which became ſenſibly more manifeſt every evening after dinner. Having conſulted a phyſician who was deemed ſkilful in the cure of this diſeaſe, he abruptly announced to the patient that he laboured under an incurable phthiſis; previouſly alarmed by his ſituation, this declaration threw him into a profound melancholy. It was early in May 1796 that the patient came to me perfectly convinced that his ſituation was irremediable. I endeavoured to calm his fears, put him on the uſe of the Lichen Iſlandicus, and preſcribed a ſuitable regimen. I continued my attendance till the month of Auguſt, when he was well enough to undertake a long voyage. From that time I have received information that his health continues, and that he has had no relapſe.

CASE

CASE XII.

Mr. C. R. De Launay, aged 30 years, having a flat narrow cheſt, high ſhoulders, and long neck, was attacked, in the month of April 1796, with a vomiting of blood, which was undoubtedly excited by a very long and violent race on foot, after many days intemperance. The treatment employed ſeemed to have diſſipated all apprehenſions, when in September following, there ſupervened a dry ſharp cough; ſoon afterwards, expectoration of a very unfavorable appearance took place, loſs of appetite, ardent and continual thirſt, with the other ſymptoms of fever. His reſpiration became more and more difficult, a burning heat was felt in the extremities, and the emaciation increaſed daily. The Lichen Iſlandicus in large doſes, a vegetable diet, of which the Lichen made a conſiderable portion, moderate, and daily exerciſe: ſuch were the ſimple means I employed, to recover a patient, of whom all his friends deſpaired, and who by four months perſeverance in this plan entirely re-eſtabliſhed his health.

CASE

CASE XIII.

Madame De - - - -, aged 23 years, had been ſubject for near four years to an exceſſive fluor albus, ſo irritating as to occaſion a very painful tenſion, with lancinating pains in the abdomen, and thighs, which rendered it impoſſible for her to ſit, ſhe had conſiderable weakneſs in the lower extremities, ſo as to make walking very difficult to her. At firſt the diſcharge was thick, and colourleſs; it afterwards became thin and green, cauſing much ſmarting; this weakneſs rendered digeſtion ſlow, and painful; ſhe conſulted a ſurgeon who laid down a plan which ſenſibly leſſened the diſcharge in a ſhort time, and it ſoon ceaſed entirely; but hardly had it began to diminiſh, before a violent cough ſupervened which increaſed rapidly.

The expectoration was at firſt limpid, but became ſtreaked with blood, a ſlow continued fever ſupervened, and the emaciation grew more and more alarming, when in the month of May 1798 ſhe determined to have me called in.

Leaches

Leeches to the pudendum, ſitting in a partial bath,* an iſſue in the thigh, and the continued uſe of the Lichen Iſlandicus both as food, and medicine, entirely re-eſtabliſhed her health in three months, which from that time has had no interruption.

CASE XIV.

Mr. H. Fournier, a French clergyman, aged 51, had an abſceſs in the meſentery, which appeared to have been perfectly cured, but the matter being thrown upon the cheſt, a trifling cough ſupervened, with a purulent expectoration tinged with blood, night ſweats, with dryneſs of the ſkin, emaciation, and at length a ſlight fever, which increaſed every evening. The exhibition of the Lichen Iſlandicus upon our principles for three months, completely re-eſtabliſhed his health; two months after, we had occaſion to ſee him, and he had not experienced the ſlighteſt return of his diſorder.

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* Called in French, *Bains de fauteuil.*

CASE XV.

F. Dennis, a journeyman trimming maker, about 40 years of age, and phlegmatic conſtitution, had been for about ſix months in a ſtate of pulmonary Phthiſis, confirmed and characterized by a ſlow fever, painful oppreſſion of the cheſt, which was increaſed by the leaſt exerciſe; the expectoration though eaſy and in ſmall quantity, was evidently produced by an *inflammatory exudation*; the weakneſs and emaciation of the body, want of ſleep, and vomiting after food, produced in the patient well founded alarm. He had employed by turns, balſams, reſins, bitters, the juice of creſſes, &c. without any advantage: after having adminiſtered a ſlight emetic, and a mild laxative, I opened a ſeton below the axilla on the ſide of the breaſt. I employed the Lichen Iſlandicus, which he took in large doſes; he breakfaſted and ſupped on the Iceland chocolate, and the reſt of his diet was principally prepared from this ſubſtance. This treatment produced an immediate effect, the reſpiration became more free, the pains diſappeared,

diſappeared, the fever yielded ſhortly, the nocturnal ſweats were ſuppreſſed by degrees, his ſtrength was reſtored, and in leſs than ſix months he recovered the moſt perfect health.

CASE XVI.

Mr. L. A---, aged 27 years, of a delicate conſtitution, and in whom weakneſs of the cheſt was an evil almoſt hereditary in his family, was attacked the 2^{d} of November 1801, with pain in the ſide, for which he was bled. On the 6th of the ſame month, a ſpitting of blood took place, without any fever; this they encountered with three ſucceſſive bleedings, aſtringent drinks, potions, &c. with an appearance of ſucceſs. But the advantage he derived, continued only a few days, for after having talked a little more than uſual, he was ſuddenly ſeized with a very violent ſtitch in his ſide, which was relieved by another bleeding, fomentations, &c. but the cough continuing, the expectoration aſſumed a very unfavourable appearance, and the fever became continued with exaſcerbations, perceived chiefly in the night;

in

in ſpite of the numerous remedies employed to overcome theſe circumſtances, a diarrhœa ſupervened, which continued near three months, though all the uſual means were employed to check it; the emaciation and weakneſs had made during this time a moſt alarming progreſs.

In the month of April following, he was entruſted to me: notwithſtanding I deſpaired of his ſtate, the deſire he expreſſed of being under my care, and the conviction he felt that I ſhould cure him, induced me to devote all my attention to him; nor was it long before I conceived ſome hope; at the end of three weeks from the commencement of my plan, the diarrhœa had diſappeared, and ſoon after, the expectoration wore a better character, and the fever diminiſhed. In the month of June, the patient was out of all danger, and in September he reſumed his former habits, and lived like other people.

CASE XVII.

On the 7th of May 1781, I was conſulted by Sir Charles T----, and requeſted to ſee his

his ſon Mr. T----, aged 21 years, whom, according to the opinion of many phyſicians, they conſidered as entirely loſt. This young man, born with a good conſtitution, had accompliſhed the deſtruction of it by exceſſes of all kinds. He ſuffered excruciating pain in the head, which ſometimes appeared to him, to creep like an ant down the back. The neck, the muſcles of the loins and hams alſo were ſo painful, that he could hardly bend them; the belly was ſluggiſh and coſtive, he made water with difficulty, and every time he did it, or went to the night table, there ran from him a thin matter reſembling the ſemen; and this took place alſo during ſleep, whether he had voluptuous dreams or not. If he aſcended a hill, he was immediately out of breath. His head was heavy, and he had tinitus aurium. When I was conſulted, he was in a ſtate of extreme languor. His legs were ſwelled as in leucophlegmatia, his whole body was terribly emaciated, and his eyes were hollow and dull.

During the firſt fifteen days the Lichen Iſlandicus was the baſis of all his nouriſhment, either in chocolate, biſcuits, jellies, &c. Afterwards

terwards I joined with it ſago and ſalep: by degrees I permitted meat broth, new laid eggs, and then roaſt fowl; after four months attention my patient went into the country, where his health was completely reſtored, by following our preſcriptions.

CASE XVIII.

Mr. L. Grangeneuve, aged 28 years, of a conſtitution naturally weak, and an evident diſpoſition to Phthiſis, was ſeized with a ſevere affection of the lungs, marked by a dry and frequent cough, with a ſenſe of oppreſſion and ſtitches in the cheſt, and by a ſpitting of blood, which was followed by hectic fever. After eating he perceived a burning heat in the ſoles of the feet and palms of the hands, and his ſtate of emaciation and exhauſtion was extreme.

After having conſulted different phyſicians, and followed their preſcriptions without deriving any advantage, he requeſted my attendance; this was in the month of December 1801. I did not reſolve to undertake the cure of him,

till

till he had aſſured me he would in no reſpect deviate from the regimen I ſhould preſcribe. I told him that during the firſt month, the principal remedy would be the Lichen Iſlandicus, and the Iceland Chocolate his principal diet; he was obedient, and ſo immediately perceived the advantage of it, that he contrived various means of uſing the Lichen, and leſs than three months attention completely re-eſtabliſhed him.

CASE XIX.

Lady Ch. D----, aged 23 years, with a ſcrophulous prediſpoſition, of a very delicate conſtitution, with narrow cheſt, high ſhoulders, and long neck, was attacked in the month of September 1801, with a dry cough, the obſtinacy of which fatigued her much: her voice was become ſhrill; there was a weight and oppreſſion on the cheſt, which was encreaſed by the leaſt exerciſe, and an exceſſive expectoration had, with reaſon, excited great alarm in her family. The patient alone being perſuaded that it was nothing more than a cold, which

time would cure. A fever however ſoon ſupervened, which increaſed after meals. Her cheeks were of a brilliant red; and the reſt of the face pale and wan; the cough became worſe, and the matter expectorated tinged with blood, and of an offenſive ſmell. The emaciation increaſed daily, and great dejection of ſpirits with irritability of temper took place.

It was in the courſe of December that I was called in, when this young and intereſting perſon told me, ſhe would do nothing, becauſe ſhe was convinced her ſtate was incurable. After endeavouring to ſtrengthen her mind, and gain her confidence, I aſſured her of a reſtoration to health, provided ſhe had docility and perſeverance to follow my advice, which ſhe did; and the opening an iſſue, with the uſe of the Lichen Iſlandicus according to our plan, both as medicine and food, removed all the ſymptoms in leſs than four months, and Lady Ch--- D--- enjoys at this moment excellent health.

CASE XX.

Alexander Lebas, Valet de Chambre to the Duke of Mortemart, aged 42 years, of a groſs and

and phlegmatic temperament, was attacked in the month of September 1801, with a very violent dry cough, with pain and heat in the cheſt, and a fever with exaſcerbations every evening; regular treatment did not relieve the ſymptoms till the end of November, when the application of a bliſter to the cheſt ſeemed to alleviate the diſtreſs, but the advantage was tranſient. In the beginning of February following, the patient had conſiderable hoarſeneſs, the cough became more dry and obſtinate than ever; new pains, new heat in the cheſt, ſlow fever, burning in the palms of the hands, exceſſive head-ach, total loſs of appetite, want of ſleep, with ſmall and quick pulſe. Different plans of cure had been unſucceſsfully employed; the diſorder continued to gain ground. As the bliſter on the breaſt had been applied with an appearance of advantage, it was repeated, but far from diminiſhing, it ſeemed to aggravate the ſymptoms. The oppreſſion and exceſſive thirſt tormented the patient: his cheſt was covered with ſweat, his urine was red, his ſtrength declined. On the 15th of March he requeſted my attention. The Iceland Moſs was the baſis of his treat-

ment, the ſymptoms rapidly diminiſhed, and ſoon entirely diſappeared, and in the month of May his health was perfectly re-eſtabliſhed.

CASE XXI.

Captain O'Shiell, aged 38 years, of a bilious ſanguine temperament. After having committed ſome exceſſes, which the higher circles think very pardonable in young officers, he perceived a pain in the cheſt, which was ſoon followed by a ſpitting of blood, in the morning particularly. His uneaſineſs was increaſing, and his alarm becoming greater as the various advice given him had effected no change in his favour.

He had continued in this way for more than a year, when he acquainted me with his apprehenſions, and requeſted my advice. The Iceland Moſs in large doſes, and proper regimen, in three months, removed theſe various ſymptoms, and from that period he has experienced no pain or weakneſs.

It muſt be remarked, that Capt. O'Shiell had long been ſubject to languor and weakneſs

of

of the ſtomach*, which has entirely ceaſed, ſince the uſe of the Lichen Iſlandicus.

CASE XXII.

Mrs. Swinburn, N° 12, Great Quebec Street, was, in December 1802, ſubject to harraſſing defluctions of the head. About the month of May, after a ſevere affiction, ſhe was ſeized with a violent ſpaſmodic cough, followed by an inflammation of the lungs. All the uſual means were employed, ſuch as venæſection, bliſters, &c. but the fever, which had been acutely inflammatory, aſſumed the character of

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* One of my patients to whom I had recommended the Lichen in different preparations, perſuaded of the truth of my opinion, that the more he took the more benefit he ſhould receive, took it into his head one morning to chew it like Tobacco: on the morrow he aſked me if he might go on without danger of inconvenience. I aſſured him that this mucilaginous and tonic vegetable diſſolved by the ſaliva, could not fail to be more efficacious, and to act in a very favourable manner on the organs of digeſtion, which were extremely debilitated. He then continued to chew a drachm of it every day before breakfaſt; by degrees the digeſtive powers improved, and in a ſhort time the patient loſt the weakneſs and pains of his ſtomach, with which he had been ſo miſerably harraſſed.

a low fever, attended with a continual cough, expectoration of a purulent appearance, and extreme weakneſs. This patient, reſigned to death, had ſettled her ſpiritual and temporal affairs, when in the month of July, ſhe commenced the uſe of the Lichen Iſlandicus. Its effect has been aſtoniſhing: the cough diminiſhed, the expectoration became eaſy, her ſtrength returned, the fever diſappeared, and at the end of a month Mrs. S. was perfectly cured. She continued the uſe of the Lichen, however, ſome days longer, and at the end of Auguſt ſhe left it off, finding her health better than it had been for many months before.

CASE XXIII.

A letter from the Baron Delaferronnays to the Editors of the Medical and Phyſical Journal, &c. dated Weymouth Street, Sept. 12, 1803.

" A few weeks ago the 51ſt Number of the Medical and Phyſical Journal came into my hands; and in your Addreſs to Correſpondents, I obſerved that you had received ſeveral accounts of the ſucceſs of the Iceland Lichen in pectoral complaints. In this article it is obſerved, that if the remedy were more completely employed, and,

above

above all, that if practitioners and their patients had more perſeverance in the uſe of it, inſtances of its ſucceſs would be far more frequent. Permit me to ſupport this opinion by relating the caſe of Madam the Baroneſs Delaferronnays, my lady, who owes her preſent health entirely to the ſteady uſe of this Lichen both as medicine and aliment.

" This lady had laboured under a humid aſthma for ſeveral years, which proved extremely diſtreſſing to her, as ſhe was often nearly ſuffocated; and whenever ſhe attempted to walk more than 200 paces, the ſtricture acroſs the cheſt obliged her to reſt. A cough, not leſs violent than frequent, tormented her continually, which was attended with an abundant expectoration, ſtreaked with blood, and of a purulent appearance. The fever, loſs of appetite, and even of ſleep, alarmed me in the greateſt degree. Hearing of Dr. Regnault's ſucceſs in treating diſeaſes of the cheſt, I conſulted him about eleven months ago; he recommended the Baroneſs to take the decoction of the Lichen with the concentrated ſyrup, and to breakfaſt every morning on the Iceland Chocolate, with a ſuitable diet. In about fifteen

days ſhe appeared to me evidently better; the fever had abated, and the expectoration ſeemed of a better colour; her appetite and ſleep returned; and by the uninterrupted uſe of the Lichen and its Chocolate jointly, under the care of Dr. R. the ſhortneſs of breath on walking, and the ſuffocating attacks which had ſo long harraſſed the Baroneſs, entirely left her; and it is now four months ſince ſhe left off the uſe of a remedy, for which ſhe had no farther occaſion. I judged it right, as well for the cauſe of humanity as that of truth, to ſend you this account, being perſuaded that theſe are the objects of your Journal."

WE might add many other facts, but we have endeavoured to bring forward the moſt intereſting, and we believe they are ſufficient to determine the public* opinion; it muſt be obvious that our plan is not the production of an inflamed imagination, anxious to eſtabliſh new ſyſtems, but the reſult of many obſervations, and conſequent reflection, during eleven years, and confirmed by uninterrupted ſucceſs.

We know very well how difficult it is to efface impreſſions early received in the courſe of our ſtudies, that our firſt prejudices,† ac-

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* We do not pretend to ſay that in all the caſes where we have employed the Iceland Lichen it has produced the effect which we had a right to expect: but if we conſider the negligence and indocility of ſome patients, the caſes where it has not anſwered our hopes have been very few, and cannot in any way be put in competition with the numerous inſtances of ſucceſs which we might have added to thoſe we have ſelected.

† A phyſician to whom the relations of a conſumptive patient propoſed the uſe of the Lichen, anſwered, he has tried calf's-foot jelly, hartſhorn jelly and gum arabic, the Lichen Iſlandicus is but a jelly, and muſt be as uſeleſs as the reſt. We believe, however, that if this phyſician had examined the nature of the Lichen and its properties, he would not have hazarded ſo extraordinary an opinion. See pag. 20, 21, for the difference between the Lichen Iſlandicus and all other mucilages, and pag. 26, 27, 37, 39, for the various preparations of it.

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cording to Deſcartes, influence our ideas and judgment. However, as the truth, when attended with its evidence, needs only to be propoſed, we hope our method of treatment will not fail to gain partizans, and that the validity of our concluſions will be farther confirmed by thoſe who ſhall give it a fair trial. The conſumptive, at any rate, will be obliged to us, for the perſeverance with which we have conducted our reſearches; ſince it has enabled us to give them the hope of a certain cure, for a diſeaſe generally deemed incurable.

SOME

SOME REFLECTIONS ON VARIOUS MEANS WHICH HAVE BEEN MUCH BOASTED OF, AND EMPLOYED IN THE TREATMENT OF PULMONARY PHTHISIS.

OF THE RESIDENCE IN COW-HOUSES.

THE ſalutary effects in pulmonary Phthiſis from reſiding in a cow-houſe have been much boaſted of, various examples of cures performed by it have been adduced; yet notwithſtanding theſe examples, notwithſtanding what has been ſaid by a learned phyſician in a work *Ex profeſſo* on this ſubject, obſervation has proved that the air of ſtables and cow-houſes is more likely to accelerate, than retard the approach of death. How, in fact, was it poſſible we ever could hope to reſtore the power of the lungs in ſuch an atmoſphere, when

when the reſult of modern experiments in phyſics proves, that air which has been expired is mephitic, and that even that which eſcapes from the body by tranſpiration ſoon becomes mephitic, and improper for reſpiration?

The freſhneſs of complexion, and beautiful carnation, the ſtrength of butchers, and of thoſe who reſide in triperies, &c. who all reſpire an air ſurcharged with animal particles more or leſs fœtid, are facts which ſeem to contradict the inſalubrity of the air in the ſtables where theſe animals are ſhut up. But this contradiction will ſoon diſappear, if we conſider that the air in which theſe people live is not decompoſed by the action of the lungs of animals, like that in the ſtables. If the conſumptive wanted an air charged with animal particles, that of ſhambles is much more ſuitable than that of cow-houſes. But if theſe means can be of any utility, it muſt be by uniting them with the other reſources of our art.

Doctors Clerc, Fouquet, Darluc, and many other phyſicians ſince, on account of the putrid nature of animal exhalations, and of the conſtant heat of cow-houſes, calculated to excite

cite thoſe ſweats ſo fatal to the conſumptive, have ſtrongly reprobated this kind of reſidence.

OF TAR WATER.*

Tar water, *Pix liquida*, is a gum reſinous juice, which is extracted from a kind of fir growing in the northern climates; its odour is ſtrong, balſamic, and empyreumatic. From it was prepared a water for ſome time much employed in medicine, in conſequence of the recommendation of Berkley, Biſhop of Cloyne, in Ireland, who in a work, curious from its ſingularity, aſcribed to it aſtoniſhing virtues. But ſo far has this Panacea been from triumphing over all the maladies enumerated in that work, that it has never even decidedly cured conſumption.

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* This water is thus prepared: take twelve pounds or pints of water, and three pounds of good tar; ſtir them together with a ſpatula for two or three minutes, and let it ſtand for two days, then decant off the clear water and bottle it for uſe. It nearly reſembles Sherry in colour, has an acidulous taſte, and a ſlightly reſinous flavour, which becomes ſtronger by evaporation. It changes the ſyrup of violets red, and effervеſces with alkalis. The virtue of this water reſides in a fine eſſential oil which is kept in ſolution by this acid.

Meanwhile

Meanwhile, if we cannot reckon upon the remedy in this diſeaſe, if it is not univerſal, as the Biſhop pretends, we muſt acknowledge that it is an aid not to be neglected in many diſorders of the ſtomach, in obſtructions of the kidneys, and urinary paſſages. Moreover we may apply in ſome degree to the tar water what we ſhall hereafter ſay of the Balſams.

OF MINERAL ACIDS.

Some phyſicians have extolled the mineral acids, and employed them with confidence, and perſeverance; but wiſe and enlightened practitioners who, without prejudice, have attended to the action of theſe remedies, have diſcovered their danger without perceiving any advantage. I believe I cannot do better on this occaſion than detail the opinion of a phyſician* juſtly celebrated for his ſkill and experience.

" Let him abſtain (particularly in ſpittings " of blood) from theſe pretended ſtyptic reme-

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* Dr. Portal.

" dies,

" dies, which act upon the primæ viæ, and " not upon the ſanguiferous veſſels of the " lungs; from whence it not only happens " that they do not anſwer the object we have " in view, but they occaſion accidents which " we often cannot obviate. I knew a phy- " ſician, who gave a very large doſe of vitriolic " acid in all the drink of a conſumptive pa- " tient who ſpit blood. This remedy was con- " tinued a long time without producing the " effect which was expected; at length it " excited vomiting and continual pains in the " epigaſtric region, which tormented the pa- " tient cruelly till his death. I opened him, " and independent of various changes in the " cheſt, which had given riſe to the diſorder " of which he died, his ſtomach was particu- " larly tough, its coats were thicker than com- " mon, and its internal ſurface was unequal, " and covered with varicoſe veſſels."

The continued uſe of acid is always dangerous, particularly the mineral acids: they are more peculiarly injurious to the phthiſical, whoſe irritability is always exceſſive, and even if they did not produce alarming effects, they would

would be ſtill dangerous, if, as is aſſerted, they impede the circulation.

The celebrated Raulin ſays, that acids injure the functions of the primæ viæ, and the blood; they deſtroy the balſamic and alkaline quality of the bile, they give too great a denſity to the fluids eſpecially the chyle; they diſpoſe to conſtipation of the bowels; they retard the ſecretions, and form obſtructions in the viſcera.

The injury of the digeſtive powers and the depravation of the chyle and blood, ſoon deprave the other humours.

Cartheuſer has taken much pains to anticipate the alarming conſequences of this kind of remedy. Deſault relates a caſe of a young man who died of tubercular Phthiſis, which principally originated in the abuſe of acids. Stoll,[27] Fothergill,[28] Home,[29] and many celebrated practitioners of the preſent time, declare

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27 Acidum in phthificis vomitum facere vidi in juvene F * * *, diarrhœam idem facere certum eſt. Hinc eſt cur Serum lactis acidum phtiſicis ſœpé non conveniat; hinc etiam ante ſumptionem lactîs, vel in eodem, ſapo venetus cum lapidibus cancrorum ſumatur. *Stoll. ratio medendi. p.* 73, *vol.* 4.

28 Medical obſerv. &c. vol. 4. N°. 23, p. 289.

29 Clinical exper. hiſt. &c. diſſect. & Sect. 6.

that

that having employed them on the credit of reſpectable phyſicians, they have been obliged to renounce them in conſequence of the innumerable evils they had occaſioned.

OF BALSAMS.

A prejudice which we cannot too carefully guard againſt is the uſe of balſams; ſuch as balſam of Copaiva, Opobalſamum, Benzoin, Gum Ammoniac, Guaiacum, Myrrh, Styrax, Olibanum, &c. the moſt dangerous of all the remedies employed in Phthiſis. The balſamic and deterſive qualities extolled in the balſams do not reach the lungs, or only arrive there after having ſpread heat and inflammation over the whole body, to kindle in them the ſame flame. The idea of ulceration has favoured the uſe of theſe balſamic remedies; but in examining the nature of ulceration in the lungs we ſee that they are in general phlegmonous ulcers and tubercles, which form as many abſceſſes as there are veſicles which have ſuppurated. Among the diſtinguiſhed phyſicians who have attacked this abuſe which we depre-

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cate, may be cited Doctors Pringle, Fothergill, Stoll,* and White.

This idea of abſceſſes and ulcers in the lungs, has determined many Phyſicians to employ vulneraries, as they are called, in Phthiſis Pulmonalis; but vulneraries ought to act immediately upon the wound itſelf, as a plant does when you apply its juice or pulp to a wounded part. Vulneraries taken inwardly cannot reach the ſeat of the abſceſs or ulcer, with paſſing through the long courſe of the veſſels which are to convey the vulnerary virtue to the injured part. But this virtue muſt be much changed in its paſſage, and we may conclude with Tralles† that vulneraries have very little effect on internal ulcers, *miſerrimos eſſe internorum ulcerum eventus & tragicos demum, paſſim attendentes docet triſtis experientia, &c.*

We might, with equal juſtice, ſpeak of the inutility of lohochs and other oily remedies

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* Balſamica, ut balſamum locatelli, therebentinam, myrrham, alia que hujus generis a multis celebrata remedia Morgagnius, et ipſa toties repetita obſervatio reprobat, calorem et febrim augent, ſuppurationemque promovent. *Stoll. ratio medendi*, p. 189, vol. 1.

† Tralles, a Phyſician of Breſlau, in his latin diſſertation *on Camphor*.

which

which have been given in the hope of quieting the cough. Theſe remedies are more injurious than ſalutary; for they pall the ſtomach, and excite nauſea, beſides the cough can only ceaſe with the exciting cauſe, and it is that which we ought to attack by all ſuitable means.

OF MILK.

Milk has obtained a very extenſive reputation in Phthiſis, and is generally ordered in the moſt inconſiderate manner, in all the different ſtages of this diſeaſe. Meanwhile this remedy not only diſappoints in moſt caſes, but it is very often dangerous. It has been conſtantly remarked that given in fever, or in the laſt ſtage of Phthiſis, ſo far from ſucceeding, it augments the ſymptoms, and produces various diſtreſſing circumſtances, ſuch as acidities, weight at the ſtomach, flatulence, diarrhœa, ſweats, &c. and that theſe effects ceaſe, when the uſe of it is refrained from. Raulin regards it as pernicious in every ſtage of Phthiſis, and aſſures us that it cannot fail to do harm, both when tubercles are forming, and when the ſuppuration is eſtabliſhed. He declares that it is more difficult

to remedy the bad effects which milk produces in pulmonary Phthiſis, than in any other diſeaſe. The phyſicians of Breſlaw very correctly remark, in the collection of their obſervations, " That milk can never produce good effects when there are indurations, tubercles, ſcirrhi, &c. in the lungs."

Bennet, a celebrated Engliſh phyſician, forbids the uſe of milk to the conſumptive, in his treatiſe intitled, *Theatrum tabidorum*.

Morton, an oracle of modern medicine, in chronic diſorders of the breaſt, is by no means the advocate of this remedy.

Deſault, a phyſician of Bordeaux, Junker, and Bordeu have proſcribed it in their practice.

In a word, many ſkilful practitioners of our days, who had been educated in an entire confidence in the admirable virtues of milk, have abſolutely renounced its uſe. " Is it not poſſible, ſays Doctor Tardy*, that from the colour of milk being analogous to that of the chyle, from its mild inſipid taſte, and from the nutritive and

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* *Recherches ſur la Phthiſie pulmonaire, par le Dr. Whitte*, tranſlated from the Engliſh, by A. A. Tardy, Phyſician of Montpelier, note 27.

balſamic

balſamic qualities prepared by the hand of Nature herſelf, for the ſtomach of young animals, we may be deceived, and induced to believe from analogy that it is equally adapted to the impaired and infirm ſtomach? Let us conſider how great a difference there muſt be between the tender and delicate, but healthy ſtomach of an infant, and that of an adult, debilitated and weak, whoſe digeſtive organs are worn out or obſtructed by vitiated juices, acids, or ſubſtances imperfectly concocted; if we will, I ſay, call to mind the nature of the decompoſition which this fluid undergoes, before it can be digeſted; and attend to the painful labour which it muſt occaſion to the ſtomach of a patient in this ſtate; in a word, if we reflect on the putreſcent principle which it muſt communicate to the whole maſs of the fluids, which in the conſumptive are of themſelves rapidly tending to putreſcence, how many reaſons ſhall we not find to ſuſpect that milk can never fulfil the indications which have been expected from it in pulmonary Phthiſis?"

The famous Haller, ſpeaking of milk, thus expreſſed himſelf: "*Eſt in lacte ſuum vitium.*

Debilitat adultum hominem, ventriculum obtundit: alvum aliis nimis ſolvit, ſiccat aliis ablinitis inteſtinis, et in univerſum minus convenit iis hominibus quibus fibra debilis eſt et laxa."

After ſuch authorities, and our own experience, we can aſſert that it is in a very ſmall number of caſes that milk can be employed with ſucceſs. We may even add, that to be adminiſtered with advantage, it demands much more attention and obſervation than is commonly believed.

Meanwhile, we do not mean to ſay that milk ought to be entirely proſcribed; our intention is only to demonſtrate, that this medicinal aliment does not merit the blind confidence which multitudes have granted to it. We would particularly guard ſome phyſicians againſt the conſtant diſpoſition to preſcribe a milk diet, in all affections of the cheſt; a common error, daughter of ignorance and fatal prejudice.

OF EXTERNAL EVACUATORIES.

Thoſe external applications which diſcharge the ſerum of the blood, and keep up a degree of inflammation on the ſurface, are of important

important ſervice in Phthiſis; but we too readily employ bliſters, and too much neglect the ſeton and cauſtic. The continual uſe of Cantharides produces throughout the whole humoral ſyſtem a very ſharp volatile ſalt, which remarkably favours the diſſolution of the blood; on which account they ſhould be more particularly abſtained from in ſcorbutic Phthiſis..

Mr. Portal, whoſe information and diſcernment are generally known, has demonſtrated in a learned memoir, the direct communications of the lungs with the cheſt and ſuperior extremities. "It is below the Axillæ," ſays he, "upon the ſides of the cheſt, and along the "under part of the arm, where the cellular "membrane is abundant, that theſe evacuato-"ries ought to be placed. Anatomy pre-"ſcribes, and the nature of the diſeaſe indi-"cates it."

We muſt acknowledge, that in our practice we have profited by this judicious advice, and have found it correct: but we muſt add, that we have always given the preference to the ſeton*, when the repugnance of the patient has

* Pringle recommends a ſeton on the affected ſide of the cheſt. Hildanus and Fouſeca have proved by obſervation the utility of a ſimilar

not oppoſed it. This kind of iſſue has the advantage over the cauſtic of being made inſtantly, and the ſuppuration is complete on the ſecond day; while in the application of the cauſtic we muſt wait the dropping off of the eſchar, which often does not take place till the 12th or 15th day. The wound made by the ſeton is ſo completely under the direction of the ſurgeon, that he can produce it when he pleaſes, and heal it when he wiſhes, by taking away the threads or tape. The cautery ſometimes heals of itſelf contrary to our wiſh, and ſometimes we fail to ſucceed in healing it, at leaſt ſo immediately as the ſeton.

OF LIME WATER*.

Lime Water has been recommended by many phyſicians in pulmonary Phthiſis. Willis, Morton,

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ſimilar practice, clearly explained by the Profeſſor and Archiater Brendel, in a diſſertation intitled, *De Phthyſeos Hecticæque diſcrimine et Setaceorum utrobique uſu.*

* *Preparation of Lime Water.*

Take a pound of quick lime in a jug, and pour on it eight pints of boiling water, which will immediately ſlack the lime, ſtir them together, then cover the veſſel and let it ſtand till the water becomes

Morton, De Boiſſieu, Schmucker, have warmly praiſed it; Detharding has written a work to demonſtrate its efficacy in ulcers of the lungs. The deterſive and deſiccative properties of lime water in external wounds, have undoubtedly led to its uſe in ulcers of the lungs; but we have ſhewn, under the article Balſams, the abſurdity and danger of this doctrine: beſides the employing ſuch a remedy has other conſiderable inconveniences. The prudent phyſician will not loſe ſight of the great cauſticity of lime; it is ſuch, that although water will only hold a very ſmall quantity in ſolution, this water has a ſtrong alkaline flavour, ſo acrimonious, that it is almoſt impoſſible to drink a glaſs of it; to render it capable of being drank without inconvenience, it muſt be diluted with a very conſiderable quantity of pure water. We may eaſily conceive thus weakened how ſmall a proportion of the medicinal properties of lime it will retain. We may endeavour to tem-

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becomes fine; then decant it into another veſſel with a ſtopper. This is called the firſt water: To make the ſecond lime water, we pour four pints of boiling water on the remaining lime, and let it ſtand twenty-four hours, having ſtirred them at firſt, when the water is become fine we decant it as the firſt.

per

per the cauſticity of lime water with milk, but this manner of preſcribing it, is more pernicious than uſeful; Mr. Maquart has demonſtrated its danger, by reminding us that quick lime produces, when given in mucous ſubſtances, white of eggs, and preparations of milk, coagula of extreme hardneſs.

This remedy is fatal in caſes of irritability of the ſtomach; even its advocates grant that its continued uſe rarely fails to detoriate the digeſtive powers; what advantage then can ariſe from ſuch a remedy in a diſorder where we can only hope for ſucceſs from continued perſeverance in the plan we adopt?

BRISTOL HOT WELLS.

Mineral waters have at all times been cried up for the cure of different diſorders, and ſtill more frequently have been recommended, as an excellent mode of diſſipation: hence they in general pleaſe thoſe attacked with chronic complaints, who are fond of novelty and a variety of remedies. Pliny has ſaid, ſpeaking of the phyſicians of his time, who employed theſe aids, "*Medici qui diverticulis aquarum fallunt Ægrotos.*" Whatever Pliny may

may ſay, and notwithſtanding theſe ſprings may not always anſwer the ſplendor of their reputation, we ought not abſolutely to reject their uſe, nor ought we excluſively to rely on their advantageous effects.

The Briſtol waters have been long celebrated as a ſpecific in pulmonary conſumption, but the gratitude of thoſe who have been relieved has been carried too far. If pleaſure, diſſipation, and exerciſe, are powerful ſuccours in the treatment of conſumption, we cannot deny that all theſe advantages are found united at this ſpring, and we may, without partiality, attribute to them the relief which has been experienced by ſome patients.

The pictureſque ſcenery which ſurrounds this favoured ſpot, the beautiful rides in its neighbourhood, its warm and ſheltered ſituation, and the company which frequent it, muſt all tend to inſpire the chearful paſſions, and harmonize the temper: but as a medicine this water cannot poſſeſs any ſpecific virtue capable of ſubduing the diſeaſed action which takes place in the lungs. Its ſpecific gravity is only 1.00077, and it is nearly taſteleſs; the principal ingredients are lime, ſelenite and glaubers

glaubers ſalt, and the whole contents found in a gallon do not exceed 48 grains, or about ſix grains in a pint, which is leſs than we find in moſt ſprings.

Dr. Saunders in his work on *Mineral Waters*, ſpeaking of the virtues of this ſpring in the cure of conſumption, ſays, " Much difference " of opinion has ariſen on the ſuppoſed vir- " tues of the Briſtol water in this diſeaſe, and " from the number of unſucceſsful caſes, " among thoſe that frequent this place, many " have been diſpoſed to deny any *peculiar* " *power to this, ſuperior to any ſimple water.* " It is not eaſy to determine how much may " be owing to the *favourable ſituation and mild* " *temperate climate* which Briſtol enjoys; but " it cannot be doubted that the hot wells, " though by no means a cure for conſumption, " alleviate ſome of the moſt harraſſing ſymp- " toms in this formidable diſeaſe."

This meaſure of commendation may be be- ſtowed on many other of the means commonly employed, or recommended, for the cure of Phthiſis; and therefore we ſhall reſt our judge- ment reſpecting the efficacy of the Briſtol water on the opinion delivered by this reſpectable phyſician.

OF

ON THE ABUSE OF BLEEDING IN THE TREATMENT OF CONSUMPTION.

MANY European phyſicians have reproached the French practitioners with the abuſe of bleeding in general; and formerly there was ſome foundation for this reproach, relative to many practitioners of that country, who believed it neceſſary to abate the violence of ſymptoms by repeated venæſections, in order to maſter the diſeaſe. But at preſent when this reproach does not apply to French phyſicians more than to thoſe of other nations, we are ſorry to ſee this abuſe carried ſo far in the treatment of Pulmonary Phthiſis, in a country where this malady is unfortunately too common.

Being conſtantly attentive to every thing relative to this diſeaſe and its treatment, we think it right to ſtate what our own experience and that of other practitioners have ſuggeſted, relative to frequent blood letting in conſumption. We experience a degree of ſatisfaction on this ſubject

ject in agreeing with Dr. Portal, and we ſhall, doubtleſs, be pardoned, if we endeavour to turn to account the reflexions of this celebrated practitioner. If among writers who have maintained that in Phthiſis there is a confirmed plethora, eſpecially in the commencement of the diſorder, we may quote reſpectable authors and practitioners; ſo we may alſo find thoſe who ſupport a contrary opinion, and whoſe authority is not leſs reſpectable.

According to Tozzi, a celebrated Italian phyſician, conſumptive perſons have ſo little blood, that there is ſcarcely enough to ſupport the circulation, "*ut iis ſolùm arteriis & venis* "*ſuperfuerit qui vix circulationi ejuſdem ſatis* "*foret, reliquo penitùs exhauſto.*"[1]

Lieutaud was likewiſe ſo fully convinced that in the conſumptive there was rather a defect than a redundance of blood, even in that kind which ariſes, ſays he, from the inflammation of tubercles; that he contended forcibly againſt thoſe who employed venæſection. This practitioner does not heſitate to ſay, that even

1. Comment. in Hippocrat. lib. vii. aphor. 1. See alſo Morgagni De Sed. et caus. morb: epiſt. xxii. art. xx.

in

in ſuch caſes bleeding was ſo fatal, that he ſaw many perſons fall victims to the practice: *ad æthereas ſedes properaſſe ægros plures vidiſſe memini.*[2]

Conſumptive perſons are particularly liable to hæmorrhages from the noſe, the hæmorrhoidal veins, and ſtill more frequently from the lungs. This circumſtance, at firſt ſight, indicates a redundance of blood, but we ſhall be ſtill more convinced of it, if we conſider their almoſt uniformly florid complexion, more particularly where we examine the pulſe and find it hard, full and rebounding; their eyes are prominent and bright like thoſe who are plethoric; the ſurface of their body is warm, and its exterior habit indicates a redundance of blood; the veins are large and turgid; the jugulars are prominent and elevate the ſkin of the neck, and all the ſuperficial veins are diſtended with blood.

But are not theſe appearances of plethora often deceptive? It is certain, if we eſtabliſh the fact, that in true phthiſical habits, before any of the peculiar ſymptoms manifeſt them-

2. Synopſis de morbis pectoris, lib. 1. ſect. 11. p. 211.

ſelves,

ſelves, the lungs are obſtructed, withered, and impervious, as we conſtantly find by inſpection after death; it is by no means ſurpriſing, that hæmorrhages, diſtenſion of ſuperficial veins, and a full hard pulſe ſhould ſupervene.

The blood not being able to circulate freely through the lungs, which are no longer equally permeable to it, accumulates in the right auricle of the heart, in the venæ cavæ, and by degrees in the jugulars, and then in the other veſſels. In this caſe the lungs form a kind of ligature which conſtitutes an inſurmountable obſtacle to the circulation, and this is proved by the obſervation that in ſuch ſubjects the jugular veins do not empty themſelves during inſpiration, ſo completely as in perſons whoſe lungs are capable of free expanſion in the cheſt. To aſcertain whether there is any impediment to the free circulation through the lungs, we have only to requeſt the patients to make a deep inſpiration, and we may always conſider the lungs as obſtructed when the jugulars do not ſubſide during the experiment. Impervious lungs produce a diſtenſion of the veins of the neck and thoſe communicating with them, as accumulated fæces produce hæmorrhoids, and hence

hence ariſe local plethora, which are by no means to confound with a real ſuperabundance of blood in the ſyſtem. But that which ſupports this opinion more deciſively, is the increaſe of the redneſs of the cheek, of the diſtenſion of the veins, and of the heat juſt before the fatal moment; this happens not only in the ſuperior parts of the body, but in the lower extremities, and on examining the body after death we find but little blood in it. How often do we ſee theſe unhappy ſufferers, who in the laſt moments of their life, have the veins of the neck, of the face, and the extremities, ſo diſtended with blood, that they appear varicoſe? But if they die, we find very little blood in their veſſels, not even in the venæcavæ, nor in the right ventricle of the heart or its auricle. In this diſeaſe the external veſſels ſometimes appear as full as in thoſe who are attacked with moſt confirmed ſanguineous apoplexy, and in whom we find, on diſſection, not only the veſſels of the brain, but thoſe of the whole body diſtended with blood. We muſt not therefore confound the plethora of a few veſſels, cauſed by obſtruction in the lungs, with a real plethora; and we ought to be cautious of ex-

hauſting patients by copious and repeated bleedings.

If we conſider multiplied venæſection as dangerous, we muſt however agree that there are circumſtances under which we are obliged to have recourſe to it, when there is a general plethora, or when it is neceſſary to remove a local congeſtion: but theſe means can only be of ſervice at the commencement of the complaint, and we muſt rather conſider them as preventative than curative. Even in this caſe the bleedings ſhould commonly be local, and cupping or leeches are preferable, as they do not weaken the ſyſtem like venæſection, and they not only evacuate the redundant blood, but alſo cauſe an irritation on the ſurface, which is productive of conſiderable advantage. It is viewing it too mechanically, ſays Alphonſe le Roy, to conſider a ſanguine evacuation only as a loſs of ſo much blood, when effected by leeches, for in the caſe of convulſions in infants, when ſcarcely has a leech faſtened behind the ear, and before it can have drawn more than two or three drops of blood, we ſee a ſudden ſolution of the ſpaſm of the bowels, and their natural functions reſtored: this obliges us to confeſs that

that the detraction of blood by leeches has a farther effect than ſimply to empty the veſſels. The faſtening of the leech produces ſome pain, which cauſes a fluxion of caloric to the part. Hippocrates ſeems to have underſtood this, for he ſays, "*Ubi dolor ibi fluxus*," pain produces a fluxion to the part. Blood and caloric are determined to the part on the ſurface, which produces a ſolution of caloric on one hand, and empties the capillary veſſels on the other.

In the bite of the leech then we muſt acknowledge ſomething more than a mere mechanical effect, or the ſimple laws of hydraulics. Without enlarging farther on the ideas of Alphonſe le Roy, we will add an obſervation of this enlightened author, which, no doubt, will intereſt phyſicians of reflection.

A perſon who had been impriſoned in the times of terror, and confined in a damp cell, contracted a ſevere rheumatiſm in the head, principally on the right ſide; "I applied," ſays he, "ſome leeches behind the ear. By means of a "ſmall thermometer I attempted to determine "the heat of the blood that flowed from the punc-"tures; although the means I employed were not "accurate, I nevertheleſs believed that I diſtin-

 "tinguiſhed

" guiſhed a difference of two degrees in the heat " of the blood which flowed from the pained ſide " greater than that from the other." This experiment is a farther confirmation that leeches under ſuch circumſtances, not only relieve the brain from ſuperabundant blood, but alſo from the exceſs of caloric. Moreover may we not ſuppoſe that in certain diſeaſes there exiſts in the œconomy a *(mophete)* gas charged with caloric, which diſturbs the functions, and which requires only to be diſcharged in order to reſtore or calm their healthy action to the functions, or in other words, the emptying ſome capillaries over charged with blood in one part will be ſufficient to relieve thoſe in others ?

OF

OF SEA VOYAGES, EARTH BATHS, &c.

AMONG the remedies employed againſt pulmonary conſumption, ſea voyages have been highly extolled, and ſo have earth baths; but experience has been very far from juſtifying the ſucceſs expected from their uſe. Both ancient and modern phyſicians have alſo boaſted of human milk as a remedy, on account no doubt of its analogy with our organs, not reflecting that this analogy which may continue to a certain age, in a ſtate of health, is far from exiſting in confirmed phthiſis.

Examples have been cited of many perſons whoſe health has been re-eſtabliſhed either by ſleeping with young nurſes, who have conſented to give them their milk, or with girls remarkable for health and vigour of conſtitution, who have not heſitated to enter into ſo dangerous an engagement. Foreſter relates a very

well-known caſe of this kind; and Vanſweiten attributes ſurpriſing cures to a ſubtle emaciation inhaled by the abſorbents of the ſick from the bodies of thoſe in health, and which renovates life. To ſupport his opinion, he inſtances David, who thus cheriſhed and re-animated his old age. We can draw no concluſion from obſervations of this nature, till convinced of this pretended emanation and its ſuppoſed effects; to us it appears more reaſonable to attribute the advantages of ſuch curative means, ſuppoſing them ſufficiently proved, to the irritation of a paſſion long protracted, which thus acts as a *ſtimulus*,* or cordial, accelerating the

* The explanation of this fact reſts on the general dogma, that the ſum total of all the forces of the ſyſtem is increaſed when all the functions of mind and body are moderately excited; but it is neceſſary that each of theſe functions ſhould be ſeparately excited in turn, in order that from the ſum of all the forces excited and augmented in a juſt proportion, there may reſult a *maximum virium* of the greateſt energy. Thus meals which are taken at regular hours, by exciting a compleat digeſtion in the periods which correſpond to them, augment the powers of the ſyſtem. It is the ſame with all the other functions, ſuch as excerciſe and ſleep, which reſtore conſiderably when taken at fixed regular times. But old age and conſumptive diſorders do not allow this excitement to be carried too far or completely gratified; for the degree of languor which would follow, would deſtroy the energy and maximum of the vital powers.

action

action of the humours, rather than repairing their loſs. Beſides, ought we not to fear, by quickening the circulation, the increaſe of that fever which in the conſumptive is always diſtreſſing, and does not ſuch a ſtep expoſe them to fall under a temptation, the danger of which is well known, ſince ſome have fallen victims to the paſſion, at the inſtant of its gratification?

Leaving to theologiſts the care of determining whether this mode of cure is allowable, it appears in our eyes repugnant to the moral ſenſe to ſacrifice a perſon in health to the preſervation of one in diſeaſe; ſince as it is probable that conſumption is contagious, the ſalvation of thoſe labouring under it, can thus only be obtained at the expence of thoſe who ſave them.

ON THE INFLUENCE OF THE PHYSICAL PROPERTIES OF THE AIR, ON THE CHEST; AND THE ENGLISH PRACTICE OF SENDING CONSUMPTIVE PATIENTS TO ITALY, PORTUGAL, OR MADEIRA.

THE air or atmoſphere, is that tranſparent fluid in which we live, and perform our ordinary functions; which we alternately receive into, and expel from the lungs, in reſpiration: it alſo ſupports vegetable life, and contributes to the formation of minerals. It is one of the principal agents of nature, and participates in all her phenomena; it acts powerfully upon all animals, both by its phyſical and chemical qualities. The *weight* or *preſſure* of the atmoſphere upon every part of the ſolids and fluids which compoſe our bodies, ſhould be in juſt equilibrium. The heart, lungs and veſſels without this equilibrate preſſure cannot maintain the regularity of the circulation

circulation of the blood, or any of the functions depending thereon: the circulation becomes irregular, the ſecretions impeded, and the excretions imperfect.

Philoſophers have calculated the greateſt difference of the preſſure of the air on the human body, by ſuppoſing the whole ſurface of it to be fifteen ſquare feet; in which caſe when the mercury ſtands at its greateſt height in the barometer, which is about thirty inches, the whole preſſure on the body is 39900 pounds, and when it ſtands at the leaſt altitude, which is about 27 inches, the preſſure is only 35918 pounds, and therefore the difference of weight is 3982 pounds. This variation in the weight of the air, varies the preſſure of the ſolids proportionably; the vigour or languor of the circulation depends upon it; for while the fibres are ſtrong and elaſtic, they are able to reſiſt theſe changes, or are only tranſiently affected: on the contrary, when the fibres are weak, feeble and delicate, partial accumulations are found in the capillary veſſels, particularly in thoſe of the cheſt, which impede the freedom of their functions, and ſometimes deſtroy them. Habit enables us to a certain point, to bear the ſudden

and

and frequent variations of the atmoſphere as well as the great changes in its temperature; nevertheleſs the moſt robuſt conſtitutions are not inſenſible to them, and valetudinarians or thoſe of a delicate frame, whoſe lungs are weak, are always more or leſs affected.

It has long been the cuſtom in England to ſend conſumptive patients into warmer climates, ſuch as the south of France, Spain or Italy, for the ſake of enjoying a dryer and purer air. Without attempting to inveſtigate the origin of this practice, let us enquire, in the firſt place, what proofs have been adduced in ſupport of the opinion that a dry air is moſt favourable to the conſumptive. Uniform experience ſhews us that ſuch invalids are much worſe in a dry ſerene air, ſuch as generally accompanies an eaſt wind in this country, while on the contrary they are much better in ſituations where the air is mild and charged with humidity; ſuch as the ſouth of England, or the ſea, when the wind is in the ſouth or weſt quarters. The function of the lungs requires perpetual and conſiderable motion, or expanſion, and contraction, and their flexibility or ſuppleneſs is ſupported by a thin aqueous mucus which lines all their cavities,

cavities, and is ſecreted there for that purpoſe. It appears then that an atmoſphere charged with a certain degree of moiſture is friendly to the lungs; and that it is a powerful means of preventing the inflammation, which would deſtroy their motion, as happens in pleuriſy and in a hot dry air.

The bodies of animals ought naturally to be in a kind of vapour bath, formed by an atmoſphere of their own, which always contains humidity to the diſtance of ſome inches; an air too hot and dry diſſipates this continually, and that the more eaſily as it is ſupplied very ſcantily, on account of the exhauſted ſtate of the fluids of the body.

In hot ſandy climates, as Egypt for example, all the reſources are employed which art can ſuggeſt to moderate the heat and ſupply the atmoſphere with the neceſſary moiſture. They bathe frequently; they make wells in the middle of their houſes; they receive the cool air of grottos by means of tubes; they live in cellars in the hot weather; keep their windows open during the night, and cloſe thoſe carefully which are expoſed to the ſun, during the day; they ſprinkle their apartments with freſh water, or

ſpread

ſpread leaves or flowers over them; thus the air becomes charged with the moiſture that evaporates, by which its elaſticity is diminiſhed, and the parching dryneſs of it rendered ſupportable.

Dr. Pugh has demonſtrated, by arguments founded on experience, that the climate of Naples or Nice, is very inimical to conſumptive people. He inſtances a great number of Engliſh who died in a ſhort time in theſe towns, a large proportion of which would certainly have eſcaped if they had remained in England, or choſen other parts of the south of France. He then proceeds to enumerate certain cantons of France which he prefers to any part of Italy. He mentions, for the winter ſeaſon, the environs of Avignon, of Nimes and of Pezenas; principally becauſe theſe diſtricts are at a ſuitable diſtance from the ſea, the influence of which he thinks ſo prejudicial in *cold weather*.

In ſummer he prefers Bareges or Bagneres, both ſituated on mountains, even to the mountains of Cevennes, which ſhould be left about November, in order to return to the propoſed winter reſidence.

Though

Though we approve Dr. Pugh's opinion, we would aſk, what occaſion is there to leave England, ſince it preſents the very advantages we go ſo far in ſearch of, and is exempt from the inconveniences attending diſtant changes of place? If change of air, in an atmoſphere moſt equal and leaſt agitated by tempeſts, is advantageous to perſons of weak or diſeaſed lungs, we ought to chuſe this atmoſphere as near as poſſible to the country where ſuch invalids have previouſly lived; for if it be too remote, they will be expoſed to new dangers in the journey. The different temperature of diſtant climates, the different exhalations from land and water, from animals, vegetables and minerals, have a powerful influence on different conſtitutions, and on health in general. To theſe important conſiderations, which are ſufficient to determine our voluntary choice of ſituations for invalids as near their own homes as poſſible, we may now add the imperious motive of neceſſity. An ambitious enemy has ſhut the Engliſh out from France, Italy, and Spain, ſo that now they ought to do what reaſon has long ſuggeſted to them, that is to ſeek for and prepare ſuitable ſituations for invalids, in their own iſlands. Bath

and

and the hot-wells of Briſtol have long been reſorted to by aſthmatic and conſumptive patients; but the mild and ſheltered vales of Devonſhire and part of Cornwall offer ſituations far more deſirable. It is a conſideration of no light importance, that thoſe who are obliged to leave their families for the recovery of health, may eaſily correſpond with or be viſited by their parents, children, or relations, and on many occaſions be attended by them. The want of this convenience, together with the dangers and expences of diſtant travelling, have proved fatal to many a valuable life, by deterring patients and their friends from encountering long journies. Nothing ſeems neceſſary, to draw theſe ſituations into general notice, but the patronage of a few noble and reſpectable families, to encourage the building of hotels, baths, promenades, and making good roads to the adjacent towns. A ſmall part of the ſums heretofore expended in viſiting the continent would be ſufficient to ſecure all the ſalutary advantages of foreign climes on the Engliſh ſhores, without riſking the dangers of voyages and travels. The mildneſs of the air on the ſouth-weſtern coaſt of England, Wales, and Ireland, is abundantly proved

proved by the myrtles and other tender plants reſiſting the uſual winters without artificial warmth. And ſurely it muſt ſtrike every patriotic mind, that retaining the wealth of the nation, or diſtributing it in the country, is infinitely preferable to diſſipating it among foreigners. We hope theſe obſervations, which are no leſs dictated by prudence than neceſſity, will promote inquiries and exertions, which cannot fail to improve the diſtricts where they are made, as well as contribute to the general health, and proſperity of the Britiſh empire.

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